

The Morning Calm Weekly

Volume 3, Issue 21

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

March 18, 2005

'Friar' Friar' serves God, gourmet meals

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USFK ceases MWR services at Camp MacNab

USFK Public Affairs

YONGSAN – U. S. Forces Korea has announced the closure of Morale, Recreation and Welfare services located at Camp MacNab on the Island of Jeju effective Monday.

Camp MacNab has been a rest and recuperation getaway for members of U. S. Forces Korea for over two decades.

The installation served as a religious retreat for some and as a training ground for others over the years.

Soldiers from the 2nd Infantry Division have performed mountain rappelling on nearby mountains as a special training program. The chaplain's office has organized religious retreats for members of the USFK communities. And, many other authorized USFK personnel have stayed as guests at the installation for a weekend or extended visits.

The closure will result in the return of nine acres to the Korean government.

The USO has worked with tourist agencies and hotels located on Jeju Island to provide a discounted tour package for USFK personnel desiring to visit the island. For information on recreational opportunities on Jeju Island, contact the nearest USO office.

(Editor's Note: For a story on Jeju Island tourism and recreational opportunities, see Page 3.)



STEVE WEGLEY

Hand crafted

Kim Cho-rong paints a picture on the hand of Sandra Thomas during the Camp Hialeah Family Readiness Group Rally March 5 at the Hialeah Bowling Lanes. The purpose of the rally was to introduce Soldiers, family members and civilian employees to the FRG program, to develop mutual support and to help create a network of communication among members of the military community. For a related story, see Page 25.

Korea units dominate Army-wide community relations awards

Area IV Public Affairs

CAMP HENRY – Three units in the Republic of Korea have won awards in the Department of the Army Community Relations Excellence Awards Program competition, the Army Chief of Public Affairs announced March 11. A Korean national employee was also honored with an individual award.

The Good Neighbor Programs for the Area IV Support Activity with its headquarters at Camp Henry in Daegu and the 8th U.S. Army from Yongsan Garrison in Seoul tied for first place in the "program" category. Third place was awarded to the 55th Military Police Company from Yongsan Garrison. Pak Chong-ku, the Area IV Support Activity – Camp Carroll community relations officer, took third place in the individual category.

"This is a tremendous accomplishment for our collective public affairs team from Camp Carroll,

Camp Hialeah and Daegu, and individually for Mr. Pak Chong-ku," said Col. Donald J. Hendrix, Area IV Support Activity commander. "These dedicated professionals worked extremely hard this past year to conduct events that improve cross-cultural understanding between the people on our installations and our Korean neighbors. We're proud these accomplishments are shared with the many wonderful Korean people in the communities outside our Area IV Support Activity installations."

The coordinator for the Army-wide competition, Maureen Ramsey said, "Judges recognized the results, as well as the number of entries from Korea, reflected positively on the emphasis the command places on relationships with their Korean hosts."

Commanders throughout Korea acknowledge the correlation between their mission and sustaining good relations with the citizens of the Republic of Korea.

Good Neighbor Programs throughout the ROK reinforce the bonds formed during the past 50 years and serve as a foundation for building mutual respect and understanding of the ROK-US Alliance, particularly among the younger generations of both nations.

"We applaud the accomplishments of the 8th U.S. Army, the Area IV (Support Activity) and the 55th Military Police Company, and my congratulations to Mr. Pak Chong-ku of Area IV for his individual achievement," said Lt. Gen. Charles C. Campbell, EUSA commanding general. "The results of this competition underscore the hard work and dedication of many people and it's great for our efforts to be recognized by the entire Army."

Significant contributors to the award-winning Area IV Support Activity Good Neighbor Program

See Awards, Page 4

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ At 10: 35 p.m. March 4, an MP patrol notified the station by radio of a failure to ID, drunk and disorderly conduct and flight from apprehension. Unit revealed through investigation that the subject was observed adjacent to the Hobby Horse Club, being loud and unruly.

When approached by Korean National Police the subject stated they did not have military identification. KNP conducted a search of the subject and found military documents but no military ID. While being searched the subject began yelling obscenities and then fled on foot away from the KNP's and MPs. The subject was caught adjacent to the Bald Eagle Club and was then apprehended and escorted to the Itaewon KNP Box. The subject was later transported to the Yongsan Provost Marshall's Office. While enroute to the PMO, the subject damaged the patrol vehicle – a silver Hyundai Santa Fe – by biting a piece of vinyl cloth, one inch by three inches, from the back of the front passenger headrest.

Upon arrival at the PMO, the subject was administered a DD Form 1920 (at 11:05 p.m.). The subject was not advised of his legal rights due to his suspected level of intoxication. The subject was further processed and released to his unit. Investigation continues by MPI.

■ At 5:30 p.m. March 4, the Incheon Prosecutor's Office notified military police by telephone of a Hemp Control Law (RCC #3) violation. Investigation by Incheon Customs revealed that at the above time, date and location, Subject 1 was sent a package containing 10 grams of hashish, a known controlled substance, by a person known only as Subject 2, in the country of Hong Kong.

The package was tracked by Hong Kong customs to the Incheon Airport. Once at the airport, Republic of Korea Customs tracked and delivered the package to the Subject 1 in Korea. Subject 1 signed for the package and was arrested by ROK Customs and transported to the Incheon Prosecutor's Office and charged with violation of Hemp Control Law. Subject 1 was signed over to MP control (on a CJ Form 2 and 3) and transported to the Yongsan PMO where he was advised of his legal rights — that he invoked, requesting a lawyer.

Subject 1 was issued a "Show Cause" letter and an Appendix L. A copy of the Show Cause letter and the CJ Form 2 were faxed to JPIC at 12:35 a.m. Subject 1's passport was retained on a DA Form 4137. Subject 1 was further processed and released to his unit. Investigation continues.

By Spc. Marcus Butler

Fort Huachuca Public Affairs

Unsung heroines have been the very backbone of stability that has shaped the world as we see it today. Whether it was in time of peace or war, women have always been there, standing strong ready to take on the challenges that were presented before them.

In 1978, the Education Task Force of the Sonoma County Commission on the Status of Women in California began a "Women's History Week" celebration. The week was chosen to coincide with International Women's Day, which was first celebrated March 8, 1911, in Europe.

Three years later, the U.S. Congress passed a resolution establishing National Women's History Week, which was expanded to a month in 1987 at the

request of the National Women's History Project. Every year since then Congress has issued a resolution for Women's History Month.

March is set aside as a time to remember and celebrate the

"Recognizing women's struggles and victories should be essential to every living person on this planet."

contributions of women to American life. It is also a time to reflect on the many ways women's lives have changed because of the women's rights movement, and to consider changes yet to be made.

Despite oppression and delayed justification, women still rose above

and continue to rise above those challenges. I think Maya Angelou said it best in her poem "Phenomenal woman."

"Now you understand just why my head's not bowed. I don't shout or jump about or have to talk real loud. When you see me passing it ought to make you proud. I say, it's in the click of my heels, the bend of my hair, the palm of my hand, the need of my care.

'Cause I'm a woman phenomenally. Phenomenal woman, that's me."

Recognizing women's struggles and victories should be essential to every living person on this planet. I know it is because one of the single greatest persons, role models, mentors, friends that I know is a woman, my mother. Without moms, no one would be where they are today, no one.

From the poem "Still I Rise" by Maya Angelou, "You may write me down in history with your bitter, twisted lies.

"You may trod me in the very dirt but still, like dust, I'll rise. Out of the huts of history's shame, I rise. Up from a past that's rooted in pain, I rise. Welling and swelling I bear in the tide.

"Leaving behind nights of terror and fear I rise. Into a daybreak that's wondrously clear, I rise. Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise, I rise, I rise."

(Editor's Note: Spc. Marcus Butler is a staff writer for the Fort Huachuca Scout.)



MCW Submissions

Send Letters to the Editor, story submissions and other items to MorningCalmWeekly@korea.army.mil.

Submissions should include all pertinent information, as well as a point of contact name and telephone number. All items are subject to editing for content and to fit Associate Press Style.

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Support and Defend

NEWS & NOTES

Easter Cantata

The Yongsan Community Choir invites everyone to an Easter Cantata, "The Seven Last Words of Christ." Composed by Theodore DuBois and directed by Bo Fluharty, This dramatic seasonal work includes orchestra, chorus and soloists in seven movements, representing the last words and character of Jesus Christ. "The Seven Last Words of Christ" will be presented March 26 and Easter Sunday, March 27. Both performances begin at 7 p.m. Admission is free.

West Point Founders Day Dinner

The 2005 U.S. Military Academy Founders Day Commemoration Dinner will be March 27 at the Dragon Hill Lodge. Activities begin at 6 p.m., with a Benny Haven Social Hour in the Market Square area. Dinner will follow in the Naija Ballroom. All West Point graduates, friends of the academy and their guest are welcome. For information, contact Lt. Col. Pat Kelly at 723-8653 or at kellyp@korea.army.mil.

Passover Observances

There will be two Passover Seders in Seoul at the Religious Retreat Center April 23-24. Each will start at 8 p.m. The Seders are free to all U.S. military members. For information or to make a reservation, e-mail sanlando@yahoo.com before April 5. Anyone wishing to stay the night at the RCC at this time may reserve rooms by e-mailing a request to oxmanb@korea.army.mil no later than April 11.

ACAP Job Fair

The Army Career and Alumni Program will host a series of job fairs during the month of May. The events will be May 18-21 at Camp Mobile, Yongsan Garrison, Osan Air Base and Taegu. For information on the Camp Mobile activity, call 730-4033; Osan, 784-5440; Taegu, 768-7571; Yongsan, 738-7334. To register, log on to www.morejobs.net.

Correction

In an article on Page 13 of the March 11 edition of The Morning Calm Weekly, a group of awardees was not included. The following Cub Scouts from Tiger Den 7 received their Tiger Badge at the Pack 89 Blue and Gold Banquet: Nicholas Bell, Paul Bows Nicky Flint, Christopher Lycan, Jan Trick, Benjamin West and John Yancheski.

MCW Submissions

To submit an item for inclusion in The Morning Calm Weekly, e-mail pertinent information to MorningCalmWeekly@korea.army.mil.

Flu Vaccine Available

Flu vaccine remains available until March 31. In the beginning of January, the Center for Disease Control expanded the flu program to all Department of Defense Healthcare personnel. Feb. 1, U.S. Forces Korea expanded the program to all eligible beneficiaries on the Korean Peninsula. This year's flu outbreak has been late but more potent than previous years. Typically the flu season lasts from November through April, although you can catch the "flu" any time of the year. See local primary care providers or contact area medical treatment facilities to receive the influenza vaccination.

Active-duty servicemembers can also walk in at the 1 RC Medical Readiness Team located at the Yongsan Soldier Support Center, Building S-4034.

Jeju: *USO provides opportunities to discover island paradise*

By Joe Campbell

USFK Public Affairs

JEJU ISLAND — Located off the southern coast of the Korean peninsula, Jeju Island offers visitors an exotic and relaxing escape from everyday routines. And for servicemembers looking to visit the island, USO provides a variety of options.

Jeju is one of the most popular tourist destinations in Korea because of its natural scenery, many beaches, waterfalls, cliffs and caves that all lie in harmony.

This semitropical island, much like the state of Hawaii, was created by volcanic eruptions thousands of years ago.

Along the shoreline and throughout its interior, black stones formed by cooling lava can be found. Small figurines of Harubang, the god of Jeju, are made from the stones and are sold at roadside markets.

Jeju is perhaps best known for Mount Halla, the highest mountain in South Korea. It offers year-round recreation to include hiking, skiing and rock climbing.



JOE CAMPBELL

Hong Young-sik, a calligrapher, explains family precepts to visitors at Jeju Folk Village.

Located at the foot of Mount Halla is Seongeup Folk village. The village has been restored to its original state and provides an in-depth look at the unique native culture of Korea.

There are many cultural properties such as residences, Confucian shrines and schools, ancient government offices and stone statues.

Local residents perform folk plays and

artisans demonstrate ancient skills such as calligraphy and ironworks.

Several hundred-year-old zelkova trees and nettle trees are in the middle of the village and are designated as natural monuments.

Located on the southern tip of the island is the city of Seogwipo.

See Jeju, Page 4

Insurgents 'relieved' to be captured by Iraqi police

Army News Service

SAMARRA, Iraq — Iraqi police commandos seized illicit weapons and captured several insurgents over the weekend, including a Saudi who denounced the insurgency and reportedly said he was "relieved" to be captured.

The apprehensions began March 11 when the Police Commando's 1st Battalion set up a series of flash checkpoints west of Samarra. An approaching vehicle saw the checkpoint, turned and attempted to escape, according to multi-national officials. The commandos pursued them and the vehicle crashed and flipped after the commandos shot their tires.

Captured in the vehicle were three suspects — a Saudi, a Syrian, and an Iraqi — all who had rifles and grenades with them in the vehicle. Officials state the Syrian provided a partial confession for his involvement in a number of attacks, including destruction of the oil pipeline that runs to the west of Samarra.

The Saudi cooperated with officials and confessed involvement in one attempted attack on multi-national forces.

Officials say that the Saudi eagerly gave detailed accounts of how he was recruited by the insurgency, his motives to join the insurgency, how he traveled to Iraq and how he joined the insurgency. In addition the Saudi, a former college student, provided information on his training, locations of training sites, tactics he was taught and attacks he was instructed to conduct.

The insurgent's training, according to the Saudi, consisted of shooting 45 rounds with an AK-47 and familiarization with a rocket-propelled grenade launcher, a weapon he did not fire because his trainers said it was "too expensive" to fire.

The Saudi said he and his group planned to attack a U.S. dismounted patrol several weeks ago, but a U.S. sniper shot one of the insurgents, killing him, and the insurgents cancelled the attack. Additionally, the Saudi told officials he joined the terrorists in Iraq primarily to target the U.S. military, but he quickly became disillusioned with the insurgents after only several weeks.

Part of the Saudi's disappointment with the insurgents,



SGT. LORIE JEWELL

Iraqi police commandos patrol the streets of Samarra, Iraq.

officials said, was that the insurgents did not pray regularly and "were only interested in money." The insurgents, the Saudi said, were preoccupied with hijacking vehicles and the value of vehicles.

The Saudi admitted to officials that he "had made a huge mistake" by joining the insurgency and that he had a very different view of American Soldiers after watching them operate in Iraq. He had seen U.S. Soldiers giving candy to children and on one occasion, a U.S. Soldier waved to him.

The captured insurgent went on to say that he didn't believe he would be a martyr if he died in Iraq, repeating several times to interviewers that insurgents were just involved for profit. When officials asked the Saudi why he didn't leave the

See Insurgents, Page 4

Jeju

from Page 3

This coastal city is famous for its majestic coastline, towering waterfalls and rock formations. It was also one of the venues for the 2002 World Cup Soccer games.

Not far from Seogwipo is the Teddy Bear Museum, a unique collection of teddy bears from around the world.

The museum has more than 800

varieties of teddy bears including many from the early 1900s.

The island offers many other cultural sites and things to do. Information can be found at www.knto.or.kr.

USO offers two-, three- and four-day tour packages, as well as discounted hotel rates and air fare. For information, contact, USO at 724-7003.



JOE CAMPBELL

Sim, Kyoung-wha, a USFK family member, gets up close to a sculpted pheasant at the Yeomiji Botanical Garden in Jeju.

Awards

from Page 1

are Chong Yong-kon, community relations officer, Headquarters, Area IV Support Activity at Camp Henry in Daegu; Pak Chong-ku; Pak To-yong, community relations officer, Area IV Support Activity – Busan; and Kevin Jackson, public affairs officer, Headquarters, Area IV Support Activity.

The Area IV Support Activity is solely responsible for managing and providing base operations services for the 12,000 people working and living on U.S. Army installations between Daejeon and Busan, which include

Camp Carroll, Camp Hialeah and all installations in Daegu.

This is the fifth annual competition to recognize the best of the U.S. Army's worldwide community relations initiatives in three categories: programs, special events and individual accomplishments. The Office of the Chief of Public Affairs Community Relations and Outreach Division received 30 entries from Army Major Commands, the Installation Management Agency, Field Operating Agencies and Direct Reporting Units.

Insurgents

from Page 3

insurgency, he said he felt like a captive and feared for his life. He was relieved, he added, to be captured by the commandos.

That same day, the 3rd Police Commando Battalion captured 10 suspected insurgents based on intelligence obtained from detainees already in custody, and on March 12, the 1st Police Commando Battalion conducted a raid in a small village outside Balad based on a tip received by the commandos from a villager. The tip was accurate as the commandos netted five insurgents.

The 3rd Battalion also discovered a sizeable cache of weapons in Samarra containing several new RPG launchers with night sights, ammunition, 50 mortar rounds, 12 grenades and two improvised explosive devices. Officials said the cache was under the floor of a house. Officials were led to the house after another tip informed the commandos of the cache.

On March 13, the 3rd Battalion continued to find weapons caches, this time, one located in a Samarra cemetery. The commandos recovered an RPG launcher, a 60mm mortar with 12 rounds, a machine gun with several hundred

rounds, and various artillery rounds and detonation cord.

After the bulk of the operations ended, Gen. Adnan Thabit, the Ministry of Interior special adviser to the commandos, chaired a meeting attended by community leaders in the Samarra area. The mayor, temporary police chief, senior religious leader and tribal sheiks discussed the operations. Community leaders support the commando presence, officials say.

Adnan reported that citizens are steadily providing information about insurgents. Three separate IEDs were found and destroyed as a result of tips to Adnan's office. The commandos are also receiving reports at their checkpoints: the 1st Battalion's executive officer was handed a note at a checkpoint telling him where a known terrorist was sleeping.

Officials said that city improvements will soon begin in Samarra, including sanitation services, restoring electricity, and a major effort to repair roads and water lines.

(Editor's Note: Information provided by the Multinational Security Assistance Command – Iraq.)

AD
GOES
HERE

Warrior earns degree through eArmyU

By David McNally

Area I Public Affairs

CAMP CASEY— A Warrior Country Soldier will soon be the first in Korea to get a degree through eArmyU.

Staff Sgt. Tara Person, 82nd Engineer Company, will receive an Associate of Arts degree May 28 through Troy State University.

"I enrolled in eArmyU when I was stationed at Fort Hood in February 2001," Person said.

Fort Hood, Texas, was one of the handful of U.S. Army installations participating in the eArmyU pilot program.

Students agreed to complete 12 semester hours in two years in return for tuition, books and a free laptop computer. The Army has since changed the requirement to 12 semester hours in three years.

"When I first started I said, 'this is not going to work,'" Person explained.

What motivated her, she said, was the thought of having to pay for the tuition and the laptop if she didn't complete the courses in time.

"I got focused," she said.

Person went from taking one online class per semester to three classes.

"It is a challenge," Person explained. "Sometimes I have to stay late at work to get everything done."

Person is a personnel administration specialist, a staff sergeant with five years, six months in the Army.

"The key to getting promoted is points," Person said.

Person transferred to Fort Benning, Ga., in January 2003 and then to Korea in August 2004.

Staying enrolled in eArmyU was not a problem during the Army moves.

When Person started eArmyU classes she enrolled in the Central Texas College general studies degree program.

"After I changed to Troy State University, I decided to major in psychology," she said.

Person has set a new goal. She said she wants a Bachelor of Applied Science degree with a Human Resource Management major.

"I am open about the future," she said. "Right now I can serve

See **Degree**, Page 8

Area I begins college registration

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Area I education centers began processing college registrations Monday.

In Warrior Country, education officials are postponing the next college term by one week.

"We're now going to start Term IV April 4," said James Campbell, Area I education services officer.

Registration will continue through April 1 with late registration to be offered during the first week of classes.

The Army announced last week that tuition assistance funding is pending resumption due to a temporary budget shortfall.

Officials said additional funds may not arrive until late March or early April.

"In anticipation of funding, we are still advising Soldiers to process their tuition assistance forms," said Joe Cothron, Installation Management Agency, Korea Region education services officer.

Campbell also encouraged interested Soldiers to stop by their local education center and see what classes are available.

Sgt. Keven Sinnott, a 2nd Infantry Division bandsman, registered for a college class Monday.

"I hope we have enough students sign up," Sinnott said. "I would even be willing to pay for the course myself."

Classes must have an average of nine students.

Sinnott said he will be in Korea for the next two years. He decided to register for a Korean language class offered at Camp Stanley.

Cothron said alternatives to tuition assistance are the eArmyU program, eCourses, Pell Grants and the GI Bill.

"Classes across the peninsula are open for registration and education advisors will continue to issue and process tuition-assistance requests," Cothron said.

"I'm optimistic that Term IV will be a success," Campbell said.

E-mail david.mcnally@us.army.mil



DAVID MCNALLY

Sgt. Kevin Sinnott, 2nd Infantry Division Band, registers for a Term IV class Monday at the Camp Red Cloud Education Center. Sinnott wants to take a Korean class at nearby Camp Stanley.

eArmyU offers more Soldiers education options

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Soldiers seeking distance education opportunities now have another choice. The U.S. Army opened the eArmyU program, featuring a free laptop computer, to many more active-duty Soldiers.

Re-enlisting Soldiers, in the ranks of corporal, specialist, sergeant and staff sergeant with less than 10 years of federal service, may be eligible for the eArmyU laptop option, according to an eArmyU enrollment policy message published in January.

The message said the education initiative is in direct support of Army readiness and retention.

Students must complete 12 semester hours within three years, and have three years time in service remaining at the time of program enrollment.

Education officials started operating under the new policy Feb. 1.

For two years, the eArmyU pilot program was offered only to Soldiers serviced by the camps Casey and Hovey education centers. The program was also only available at a handful of stateside Army posts.

"The mission of eArmyU is to eliminate barriers with revolutionary education programs for Soldiers," said James Campbell, Area I education services officer. "With eArmyU, a Soldier has access to quality educational opportunities any time and any place."

In 2004, officials opened eArmyU registration to all Area I Soldiers; however the laptop computer was still only available to students from the Camp Casey Enclave.

With the new policy, the technology package is available to many more Soldiers Army-wide.

"In eArmyU, the books and tuition are free," said Stanley

Schultz, Area I education services specialist.

The eArmyU program features 29 academic institutions and offers 146 degree programs.

Schultz said although regular distance education classes offer a wider choice of programs, the eArmyU program might be a better financial option for some Soldiers.

"Any distance education course requires more self-discipline," Schultz said. "Although distance education is not for everyone, it is a viable option to consider."

Education officials also said a version of the eArmyU program is open to all enlisted Soldiers.

"Soldiers can participate in eCourses," said Joe Cothron, Installation Management Agency, Korea Region education services officer. "eCourses are a course-by-course enrollment without the laptop computer."

Cothron said Soldiers enrolled in eCourses do not sign participation agreements, incur eArmyU service remaining requirements, or require semester-hour milestones.

"For eCourses, tuition assistance is available on a course-by-course basis," Cothron explained. "Except for the Army-issued laptop, technology support for eCourse Soldiers is identical."

All Soldiers in eArmyU programs need their unit commander's approval.

"Some Soldiers have really excelled in this program," Campbell said. "For a motivated individual, it is an outstanding opportunity."

For program information, counseling requirements and enrollment options, visit the eArmyU Web site at <http://www.eArmyU.com> or the local Army education center.

E-mail david.mcnally@us.army.mil

NEWS & NOTES

Prayer Breakfast

The Area I Chaplain's Office is hosting a prayer breakfast 7 a.m. Tuesday at the Division Support Command Dining Facility on Camp Casey.

Camp Casey USO Hours

The Camp Casey USO has adopted the following new business hours, Tuesday through Sunday:

■ Canteen: 7 a.m. - 2 p.m.

■ Internet Lounge: 8 a.m. to 11 p.m.

They will be closed on Mondays and U.S. holidays.

Run/Bike Race

The Camp Red Cloud Fitness Center will sponsor a 5-km run and 10-mile bike to begin at 9 a.m. Saturday. Registration will begin at 8 a.m. at the fitness center. For information, call 732-6927.

Hot Stuff Pizza Delivers

Camp Red Cloud's Hot Stuff Pizza, located inside the CRC Lanes Bowling Center, now provides food delivery services to camps Red Cloud and Jackson. For orders, call 732-6458 or 732-9008 between 11:30 a.m. and 10 p.m.

Leadership Course

The Civilian Personnel Advisory Center is offering the Leadership Education and Development Course May 23-27. The class will be held in the Camp Casey Education Center. Completed DD Form 1556 and IDP must be submitted by April 29. For information, call 732-9060.

Taxi Fare Increase

The initial AAFES taxi fare has increased from \$1.50 to \$1.80. The additional unit charge has increased from \$.25 to \$.30.

Ration Control Office Hours

The Camp Red Cloud ration control office implemented new office hours this week. They are now closed Mondays, and open 8:30 a.m. - 6 p.m. Tuesday and Thursday and 8:30 a.m. - 5 p.m. Wednesday and Friday. They are closed every day from 1 - 2 p.m. for lunch.

Avril Lavigne Concert

Rock singer Avril Lavigne will perform at the Olympic Park Fencing Stadium in Seoul Wednesday. The community activities centers on camps Red Cloud and Stanley have tickets for sale for this event. Ticket price includes round-trip transportation provided by the CAC. Tickets are limited; contact the CAC for prices and availability.

Night-time Golf Tournament

Camp Casey Better Opportunities for Single and Unaccompanied Soldiers will host a night-time golf tournament April 1 at Camp Casey. For information, call 730-3338.

Thrift Savings Plan

Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the open season, April 15 to June 30. For information, visit www.dfas.mil.

Boxing Competition

Camp Casey's Hanson Field House will host the Warrior Invitation Boxing Competition 8 p.m. Saturday. Weigh-ins and medical exams will be from noon - 1:30 p.m. For information, call 732-6927.

Area I civilians meet CPOC team

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Sixteen U.S. and Korean civilian managers met March 9 with Civilian Personnel Operations Center representatives at the Camp Red Cloud Education Center.

"We want you to become savvy human resources partners," said Blanche Robinson, Korea CPOC director. "We're not in this alone."

Robinson said the "Meet the CPOC" session was not intended for job seekers with specific qualification questions.

However, the staff covered how job seekers can use the new Army Civilian Personnel Online Web site (<http://www.cpol.army.mil/>) to check job vacancies and post a resume.

Shirley Boyd, a CPOC human resources specialist, explained the Army Resumix system.

"Simply put, Resumix is an automated tool that's used to rank and refer candidates," Boyd said. "You get your referral list more quickly. You only get the best qualified candidates, and you receive the list electronically."

Boyd told the managers that the CPOC recommends choosing additional selections from referral lists.

"We have extended job offers only to find out a person has accepted a job in Germany," Boyd said. "The sooner you make your selections and get back to us, the sooner we can get that person on board."

Boyd said recruitment is a joint effort between managers and the civilian personnel community.

Other CPOC representatives explained benefits and entitlements, tour extensions, the priority placement program and online management tools.

"The benefit of sessions like these is seeing the name and face of the people at the CPOC," said William Kapaku, U.S. Army Garrison, Camp Red Cloud, deputy to the commander. "They were able to address several of my concerns as a manager."

Kapaku said things have changed since the last time they met. "We've

See **CPOC**, Page 8



Blanche Robinson, Korea Civilian Personnel Operations Center director, listens to questions from Area I managers March 9 during a visit to Camp Red Cloud.

Camp Stanley mascot lives the good life

By Spc. Stephanie Pearson

Area I Public Affairs

CAMP STANLEY — They say every dog has his day; for Pfc. Rocket T. Dog, 6th Battalion, 37th Field Artillery Regiment mascot, that day was a cold one in November 2004.

"We were at Rodriguez Range doing an urban operations field training exercise," explained Maj. Gordon Gore, battalion executive officer. "Rocket was one of two or three stray dogs hanging around, and he immediately took to the battalion S-4. It was pretty cold that night, so we opened the door to our barracks and he just came right in. Everyone fell in love with him."

When it came time for the troops to go home, Rocket got to come back with them as their mascot. In his new home in the 6-37 headquarters building, Rocket has all he could ask for — a warm bed, food and battle buddies to take him for walks and show him love.



Pfc. Rocket T. Dog (right) tugs on the sleeve of Staff Sgt. Dustin Neace, both of Headquarters and Headquarters Company, 6th Battalion, 37th Field Artillery Regiment, at Camp Stanley.

"He's great," Gore said. "He's very good with everybody, and the men love him."

But living in the lap of luxury isn't free, even for a dog. Being the battalion mascot comes with certain responsibilities.

According to his initial counseling statement, Rocket must "understand all aspects of unit morale" and be able to "inspire and motivate" Soldiers. Further, he is expected to work with the battalion staff to ensure all Soldiers are enjoying their tour in Korea, review and revise any mandatory fun activities for the battalion, accompany the battalion commander to "any and all functions" he is invited to, and maintain positive accountability of his dog collar at all times. In such a high-profile position as unit mascot, Rocket also must adhere to the Warrior Standard and curfew policies, and avoid off-limits areas.

It may seem like a lot of work for a little dog, but Rocket is very diligent in his duties.

"Rocket attends formations and does physical training runs with the battalion commander," Gore said. "We do morning safety briefings for people going out on missions, and Rocket is there. Everyone comes by to pet him and mess with him."

"He gives us a good laugh," said Staff Sgt. Dustin Neace, Company B. "He'll do crazy stuff, like stealing the lieutenant colonel's gloves or barking in formation."

Neace said Rocket also makes sure the Soldiers on staff duty don't fall asleep on the job.

"He keeps you awake. He loves to play, and if you get tired on those long nights, he's more than willing to take you out for a walk," Neace said.

See **Mascot**, Page 8



Pfc. Rocket T. Dog

USO recognizes school volunteers

By Spc. Stephanie Pearson
Area I Public Affairs

CAMP CASEY — The Camp Casey USO held a banquet March 10 at the Warrior's Club to celebrate their Virtues Adopt-a-School program.

The program provides Korean and American Soldier volunteers to local Dongducheon elementary schools to help teach students English, said Lt. Col. Stephen Murray, U.S. Army Garrison, Camp Casey commander.

In his opening remarks, Murray welcomed the guests, who included local Korean school teachers and officials and Soldier volunteers.

"Here we are again, just as promised last October," Murray said, referring to the promise he made at the last Virtues dinner to meet again in a few months' time. "We want to work to expand and formalize this program."

Murray told how the program has grown since its inception in 2003.

"In the fall 2003 semester, we had two schools participating in the program, with 13 volunteers teaching in four classrooms," he said. "In the fall of 2004, we had nine schools participating and 44 volunteers in 11 classrooms. Today, we have 13 schools and 64 volunteers."

"This is a real change," said Rhee Myung-sook, the chief of education for Dongducheon City. "Now, a lot of primary school students can express themselves very well in English, thanks to the assistance from the USO."

Staff Sgt. Daniel Roman, Headquarters and Headquarters Battery,



Cpl. Hong Won-bok (right), Headquarters and Headquarters Company, Division Support Command, talks to Byong Seop-kim, Dongducheon Education Office, March 10 about the USO Virtues Program during a banquet.

1st Battalion, 15th Field Artillery Regiment, is one of the volunteers who has been with the program since the beginning. He explained how the program helps not just the students, but the volunteers and community as well.

"The Virtues program strengthens the friendship between the military and Korean communities through volunteer service," Roman said. "And this community service makes the Soldier volunteers feel good, and gives them a chance to learn Korean culture.

But most importantly, it gives the Korean children a chance to learn English through conversing with Americans and practicing what they are learning."

The Soldiers will teach in the schools for 12 weeks, with two volunteers in each classroom.

"In the best case, each American volunteer will have a KATUSA battle buddy," Roman explained. "As much as possible, the same pair of volunteers will go to the same

classroom to teach each time."

Rhee said she looks forward to continuing and improving the Adopt-a-School program.

"Someday, there will be a change in volunteers and staff," she said, "That might affect the course of what we've been doing so far, but I hope this Virtues program will continue and help build mutual understanding between our country and the U.S."

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Area I commander urges pedestrian safety



Camp Red Cloud pedestrians walk on a road without concern for vehicular traffic. The Area I commander urges Soldiers to use the sidewalks and remain vigilant.

Area I Public Affairs

CAMP RED CLOUD — Area I officials urge pedestrians to observe good road safety habits and practice situational awareness.

At a Jan. 5 safety and occupational health council advisory meeting, council members brought up the issue of Soldiers walking in the roads with little regard for vehicular traffic.

"I received a number of complaints from people that drive vehicles," said Col. Jeff Christiansen, Area I commander. "There was an observation that Soldiers are not aware of their surroundings when walking in the streets."

Christiansen explained that walking in the streets creates a safety hazard, especially during hours of darkness.

The commander encouraged pedestrians to stick to sidewalks when possible. Where no sidewalks are available, he advised Soldiers to stay close to the shoulder of the road on the left side, facing traffic.

Military and personally-owned vehicles must observe a 25-kilometer per hour speed limit or less on Area I installations.

"My top priority is the safety and security of the force," he said. "Even though access to personally-owned vehicles is limited in Area I, the roads are still made for vehicles."

Degree

from Page 5

my country and get an education.”

Person recently re-enlisted until 2008. The New Orleans native had completed six hours of college before joining the Army.

She said distance education is not for everybody.

“When I started I was not computer literate,” Person said. “But, I’m good now.”

Person navigates the Web to her advantage. A recent online Algebra class was a challenge. She explained

how she took advantage of online eArmyU tutoring services.

“They have a 24-hour white board where you can interact with a tutor in real time,” she said. “It really helped me.”

The original laptop became her personal property after she completed the initial 12 semester hours; however, Person has since replaced it with a faster desktop.

“I paid for that myself,” she said.

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DAVID MCNALLY

Staff Sgt. Tara Person, 82nd Engineer Company, spends a lot of time with books open in front of a computer. Person is the first Warrior Country Soldier to receive a degree through eArmyU.

CPOC

from Page 6

been to Meet the CPOC sessions before, so I recommended the next one we go into a mostly question and answer session,” Kapaku said. “They could still offer a version for new managers.”

During the three-hour session, personnel officials also discussed professional development training opportunities, local national hiring practices, and nonappropriated fund employee management.

With the closure of the Western Corridor and Camp Page, hundreds of local national employees have retired or moved into other jobs.

“Our fire departments are made up

of Korean employees,” said Fire Chief John Cook, USAG, CRC. “This session was helpful and informative to me,”

Cook said he knows the CPOC staff tries to be fair during the reduction in force.

“We need to work with the CPOC and our local advisory center to be more pro-active as a team,” Cook said. “We need to identify the skills we need to get the right people in our positions.”

Cook added it would speed the process if more managers understood the available management tools.

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Mascot

from Page 6

Rocket even helps out on staff duty, accompanying the noncommissioned officer on late-night security checks.

But even the best Soldiers sometimes slip up, and Rocket is no exception. He had to be counseled for “sounding off in an unauthorized manner during battalion formation” and “losing accountability of his identification tags.” Luckily, these indiscretions didn’t hold him back from advancement, and Rocket was promoted to private first class March 1.

While garrison officials allow units to have mascots, they encourage them to register their dogs with the local veterinary clinic. Only official, registered mascots are

allowed to stay in barracks or company areas. Due to a rise in the number of dog bites in Area I, officials are enforcing this restriction. By registering the dogs, they then belong to the unit and receive vaccinations and any needed medical care. Also, once a mascot is registered, units can use their funds to pay for food.

The Soldiers of 6th Battalion, 37th Field Artillery Regiment are glad to have Rocket as their mascot.

“Rocket is definitely a morale booster,” said Pfc. Justin Houpe, Company B. “We see him, and everyone gets excited. He reminds us of home.”

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AD
GOES
HERE

Eighth, U.S. Army, SAMS enter into new partnership

By Pfc. Seo Ki chul
Area II Public Affairs

YONGSAN — Eighth U.S. Army and Seoul American Middle School entered into a new mediation partnership agreement during a ribbon cutting ceremony March 10 at the new Multi-Purpose Training Facility, South Post.

Over a year ago, SAMS began a Caring Community initiative. As part of the caring community a peer mediation program was developed. The program, “Students Advocating Mediated Solutions,” provides conflict resolutions, leadership and problem-solving skills to SAMS students.

Vonne McIntyre, SAMS’ counselor and Jackie Ned, Adolescent Substance Abuse Counseling Service counselor, are the facilitators of the program.

“We had a lot of support,” Ned said. “Teachers, parents and administration all supported the development of the peer mediation program.”

Since the type of training they were pursuing fits into the Army’s Equal Employment Opportunity program, they contacted EUSA’s EEO office.

According to McIntyre, a partnership was formed with EUSA’s EEO in an effort to continue SAMS’ home/community partnerships, as well as meet the training needs of the 28 mediators.

“We had a need, and after talking with (EUSA EEO Director, Linda Galimore) we discovered that EUSA EEO was planning to bring Atlanta Justice Center facilitators to Korea to conduct mediation training for civilians and Soldiers,” McIntyre said. “They knew all the people we were trying to get in contact with.”

With the help of EEO, the Atlanta Justice Center was recruited and on its way to Korea to provide training.

Classes were originally arranged only for Soldiers and civilians in the EUSA and Installation Management Agency. The EEO office, recognizing the importance of the training the students were seeking, added two days to the schedule to include training for the SAMS students.

“Along with Seoul American Middle School’s efforts to build a caring community, (the EEO office) saw this as an opportunity to enter

See **Partnership**, Page 11



Certified in childhood and adolescent weight management, Maj. Lori Sydes, talks about the concern of school-aged children being overweight or at risk for being overweight to 18th Medical Command Adjutant, Maj. Charles Unruh.

PHOTO BY PFC. SEO KICHUL

Obesity among Yongsan school-aged children top concern for 121 Hospital

By Alex Harrington
Area II Public Affairs

YONGSAN — More than 33 percent of Yongsan’s school-aged children were considered overweight or at risk of being overweight according to 121 General Hospital department of pediatrics and nutrition care.

The DPNC looked at the body mass index of nearly 1,000 children, 5- to 15-year-olds, in the Yongsan area and found the results alarming.

“What is concerning is that when you compare our results to the national averages, Yongsan children are worse,” said Dr. Beatriz Meza-Valencia, chief, department of pediatrics. “Data published by the National Center for Health Statistics, Centers for Disease Control and Prevention report that in the United States 30 percent of children are either overweight or at risk for being overweight where in Yongsan that number is 33 percent.

“When we take a closer look we see that Yongsan boys are even worse off with 41 percent either at serious risk or already overweight,” she said.

Reports in the “Journal of the American Medical Association” and “Family Medicine” warn that overweight children often become overweight adults who incur cardiovascular risk factors, as well as other health risks.

“Being overweight places these children at risk for developing all sorts of adult diseases such as diabetes, high blood pressure and liver disease, not to mention poor self-esteem and depression,” said Meza-Valencia.”

Cause and effect

Maj. Lori Sydes, a registered dietitian and chief, department of nutrition care, 121 General Hospital, and certified in childhood and adolescent weight management, said, “Being overweight is due to an imbalance between your food intake and energy expenditure. Today’s children have almost constant and immediate access to high calorie foods that provide little nutritional value. Couple that with an increasingly sedentary lifestyle and we have a recipe for an overweight child or rapid weight gain.”

According to a June 2003 study entitled, “Are Children of Military Parents More Physically Fit Than Children of Civilian Parents?” children of military parents did not have higher levels of physical fitness than children

of civilian parents, even though military parents are required to maintain specific physical fitness standards.

“Many people are surprised to learn that military children fair worse than the general public in prevalence of overweight and lack of physical fitness. There are a lot of programs aimed at supporting the military family but there are a lot of demands placed on that family as well. Frequent deployments to hostile environments or in the case of Yongsan, a family with one parent who is home only on weekends doesn’t help,” said Sydes.

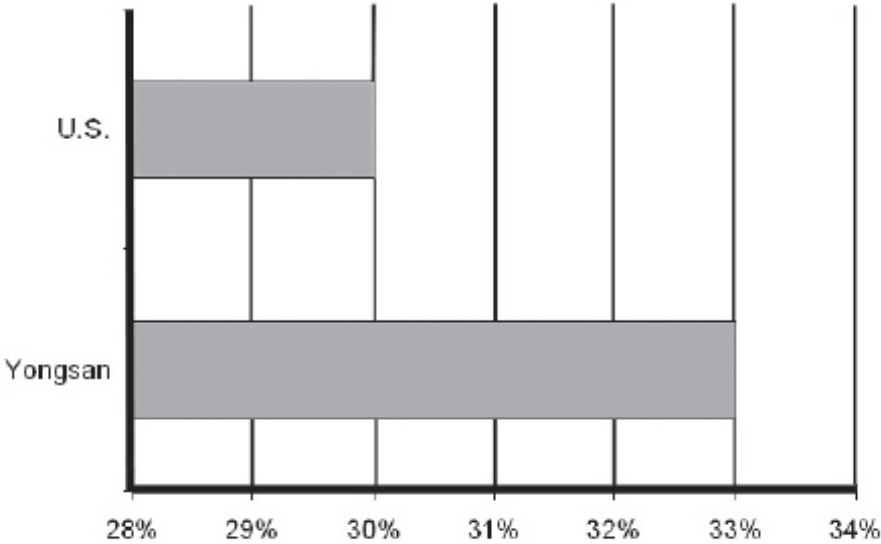
What can we do?

Sydes offered the following recommendations:

- Eliminate foods with minimal nutritional value from school stores and

See **Overweight**, Page 11

Overweight or at risk for being overweight



NEWS & NOTES

Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by e-mailing areaitownhall@korea.army.mil or by calling 738-5017.

Childcare Worker Sought

Hannam's Korean Protestant Women of the Chapel is in need of one contract paid childcare worker. Workers must be infant/child CPR certified. The contract will close March 28. For information, call 725-6002.

Women's History Month Commemoration Ceremony

An Area II Women's History Month Commemoration Ceremony will be held 11:30 a.m. – 1 p.m. March 30 at the Multi-Purpose Training Facility. For information, call 738-5950/5900.

Walk For Fallen Heroes

A 7km walk or run will be held at 9 a.m. April 2 at Seoul American High School. All proceeds from the student-driven event will be donated to a special scholarship fund for children of American military and civilian casualties of the conflicts in Iraq and Afghanistan. For information, e-mail Walkathon42@hotmail.com.

Passover Seders in Seoul

Two Seders will be held 8 p.m. April 23 – 24 at the Religious Retreat Center. A reservation is required. For reservation or information, e-mail sanlando@yahoo.com or oxmanb@korea.army.mil.

Seoul Hot Jobs

The Army Community Services Employment Readiness program provides job listings for the Yongsan area and Korea-wide. The program also assists with resume writing and computers are available for job searches. Appointments are preferred. For information, call 738-8977.

AMEDD Direct Commissioning Opportunities Available

Commissioning opportunities are available for those who possess a health care degree in fields such as nursing, pharmacy, optometry, podiatry, environmental science, laboratory science, preventive medicine or behavior science. There is financial assistance for individuals interested in attending medical, dental, veterinary or optometry school. For information, call 736-8102.

Korea Theater Support Center

A Korea Theater Support Center is now available. Dial 8324 for e-mail problems, GCCS-K trouble and Internet issues. It is not necessary to dial any prefix.

International Internship Program

The U. S. Department of Agriculture, Foreign Agricultural Service's international internship program provides college students the opportunity to live and work in a paid internship at an American embassy overseas. For information, e-mail lgorman@ars.usda.gov or log on to www.fas.usda.gov.

Intern program unites Area II, Kookmin University

By Cpl. Park Jin-woo

Area II Public Affairs

YONGSAN — A newly established internship program will provide undergraduates an opportunity to learn in an American work environment and at the same time forge a long-term mutual relationship between Area II Support Activity and Kookmin University. It is the second in a series of moves by the Area II commander, Col. Timothy McNulty, to establish positive relationships with Korean universities.

During the signing of a general agreement of cooperation March 10, McNulty and Park Sang-joon, vice president, office of research and international affairs, KU, expressed how they looked forward to a mutual benefit for both the students and Yongsan community.

"I am very excited about this opportunity," said McNulty. "This program will not only benefit Korean students, but also build a cooperative relationship between Yongsan Army Garrison and Kookmin University. The only thing that would stop us is our imagination."

The new internship program will avail the best, brightest and most ambitious Korean college students with practical professional experience before they enter the work force, as well as give the students a better



PHOTOS BY CPL. PARK JIN-WOO

Col. Timothy K. McNulty, commander, Area II Support Activity, and Kim Moon-Hwan, president, Kookmin University, talk and laugh together in a meeting before the signing of an agreement to establish an intern program.

understanding of the U.S. military culture and of the importance of the alliance between the Republic of Korea and the United States.

"Not only is the internship program designed to give Korean students valuable work experience, but they will also gain a personal perspective of the

U.S. military," said McNulty. "We want the young generations of Korea to realize that what we do is not a secret and that they are always welcome on our base."

Park said that he looks forward to promoting this new intern program and to making arrangements for future educational cooperation.

"I am very excited about this new program and working with the U.S. Army," he said. "We look forward to bridging the gap between Koreans and Americans through cultural awareness education and tours."

The Area II Internship Program matches the student's skills and objectives with an Area II Support Activity program's needs.

The general agreement for cooperation between the Area II Support Activity and KU focuses on the cooperation to promote an internship program and establish suitable arrangements for educational cooperation between the two institutions.

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Col. Timothy K. McNulty, commander, Area II Support Activity, and Park Sang-joon, vice president, office of research and international affairs, Kookmin University, sign a general agreement of cooperation March 10.

Taxi prices rise in Areas I, II

By Headquarters Army and Air Force Exchange Service

Pacific Region Public Affairs

CAMP FOSTER — The Army and Air Force Exchange Service increased taxi cab fares for Korea's Areas I and II Tuesday.

The increase means customers will pay \$1.80 for the initial taxi charge and 30 cents per unit, thereafter,

calculated by distance and time.

This is the first price change AAFES taxis have experienced in seven years. AAFES regional officials said they wish the prices didn't need to increase, but it is necessary so the taxi concessionaires can continue to maintain this service.

An AAFES spokesperson said contract taxi drivers requested the increase to help offset the rising costs of doing business, including battling increasing fuel costs and keeping pace with the increasing strength of the Korean won compared to the U.S. dollar.



Partnership

from Page 9

into a partnership with SAMS,” said Galimore. She added this training will help the Army put certified mediators in its ranks; providing

“This is definitely a great partnership and I think others should follow the example that we have set here.”

— Linda Galimore
8th U. S. Army Equal Employment Opportunity

opportunities to settle work place disputes at the lowest possible level.

Galimore added the more people who participate in mediation training, the better. She said this is probably one of the first mediation partnerships in the Army where middle school students and Soldiers received this type of training.

“This is definitely a great partnership and I think others should follow the example that we have set here,” Galimore said. “This is one of the ways to set kids, civilians and Soldiers up for success in life.”

During the ceremony, SAMS principal, Darrell Mood said, “I would like to thank Ms. Linda Galimore, Eighth U.S. Army EEO Director, for her vision and support. This incredible learning opportunity demonstrates that the true value of the United States is measured by the sum total of the education and the character of our people.

“The adult mediators not only accepted the challenge of believing in peace, but to work towards peace by sharing their vision as leaders,” Mood added.

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Overweight

from Page 9

Army Air Force Exchange Services ‘a la carte’ lines. Examples include soft drinks, chili cheese fries and slushies. In America, many states are passing legislation banning junk food from vending machines, snack bars and fundraisers on school premises.

■ Keep portion sizes age appropriate. Children are more likely to eat too much if always given “adult-sized” portions.

■ Encourage food restaurants and eateries to offer fruits, vegetables and non-fried entrees as an option on children’s menus. Today’s fast-paced lifestyles make eating out a frequent occurrence. For that reason, parents must

demand nutritious food choices for their children.

■ Promote physical activity among young people. Making physical education mandatory for all grade levels, year-round is an option. Also, encouraging after school activities involving intensive physical fitness.

■ Be a role model. Parents need to lead by example by eating healthy and staying physically fit.

For information contact 121 General Hospital’s nutrition clinic at 737-5521. For additional information, go to <http://www.kidsnutrition.org>.

Harringtona@korea.army.mil

Fat ... and getting fatter

The latest data from the 1999-2002 National Health and Nutrition Examination Survey showed the percent of children who are overweight (defined as Body Mass Index-for-age at or above the 95th percentile of the CDC Growth Charts) continues to increase. Among children and teens ages 6-19, 16 percent (over 9 million) are overweight according to the 1999-2002 data, or triple what the proportion was in 1980.

Among the data included in the 1999-2002, results on children show:

■ Non-Hispanic black (21 percent) and Mexican-American adolescents (23 percent) ages 12-19 were more likely to be overweight than non-Hispanic white adolescents (14 percent).

■ Mexican-American children ages 6-11 were more likely to be overweight (22 percent) than non-Hispanic black children (20 percent) and non-Hispanic white children (14 percent).

■ In addition to the 16 percent of children and teens ages 6 to 19 who were overweight in 1999-2002, another 15 percent were considered at risk of becoming overweight (a BMI-for-age between the 85th and 95th percentiles).

For information go to: <http://www.tricare.osd.mil/healthychoices/loseweight.cfm>.

Ad goes here

Community News



Korean Youth Irish Festival Day

The festival of Irish folk dancing and music for young Koreans and foreigners will be held 3 - 6 p.m. Saturday in Myong-dong. For information, e-mail seoulclo@state.gov.

Shade's Live Concert

Shade, a co-ed a cappella group, will have a concert Saturday at Hoan Art Hall. For information, log on to www.hoamaarthall.org.

Jordi Savall Concert

Jordi Savall's first ensemble concert will be held at 6 p.m. Saturday at LG Arts Center. For information, call 2005-0114.

St. Patrick's Parade

A St. Patrick's parade will be held at 3:30 p.m. Sunday in Daehangno. For information, e-mail seoulclo@state.gov.

The 24th Annual Symposium

Seoul American High School will hold the 24th Annual Symposium Sunday - Thursday. For information, e-mail david.cullen@pac.dodea.edu.

Spirit Warrior 2005

Spirit Warrior 2005 "A Warrior's Truth" will be held April 29-30 at South Post Chapel. Free Lodging is available for attendees traveling to Area II. For information, call 738-4043/723-8716 or e-mail grandinj@korea.army.mil.

Walk for Fallen Heroes

A 7km walk or run around Yongsan will be held at 9 a.m. April 2 at Seoul American High School. For information, e-mail Walkathon42@hotmail.com.

Angie Stone entertainments Yongsan



PHOTOS BY PFC. SEO KICHUL

Above: R & B singer Angie Stone performs in front of a crowd at Seoul American High School March 9.

Left : Angie Stone sings "You are the future of the world," for a group of children living in Yongsan.



CPT. PARK YUNGKI

Area II strengthens partnership with MND

Brig. Gen. Park Jong-sun presents a gift to Area II Commander Col. Timothy K. McNulty during a visit to Yongsan March 9. McNulty briefed Park and the staff of Republic of Korea Ministry of National Defense Support Group on base operations and shared thoughts of managing bases during the staff's visit to the installation.

Ad goes here

Afghan IGs visit states to improve their school

By Gary Sheftick
Army News Service

WASHINGTON -- Just days after the second class of Afghan National Army officers graduated an Inspectors General course in Kabul March 2, the two top IGs in Afghanistan visited the United States this week to seek further improvements for their school.

Maj. Gen. Abdullah Habibi, IG for the ANA General Staff, and Maj. Gen. Sardar Mohammed Abulfazil, IG for the Afghan Ministry of Defense, visited the U.S. Army IG School at Fort Belvoir earlier this week before coming to the Pentagon today.

“We will take all these experiences to Afghanistan and implement them in the Afghan National Army,” Habibi said.

The IG Corps in Afghanistan was formed about a year and a half ago, Abulfazil said, adding that 31 officers graduated last week’s IG course and 59 the first course. The first course used some MPRI contracted instructors from the United States, he said, while Afghan officers taught the course ending last week.

Changes will be made in the third Afghan IG course

“We have evolved a system for dealing with sensitive complaints ... how to balance the need of a thorough, impartial investigation without rendering someone ineffective.”

Lt. Col. Chris Thrash,
Coalition Forces
Land Component Command

based on what he observed at the Fort Belvoir IG school, Abulfazil said through an interpreter.

An American IG officer who escorted the Afghan generals said the two were especially interested in the U.S. Army’s automated system for tracking IG actions. The Afghan generals also took lots of notes when sitting in on classes about how to handle sensitive complaints and investigations, said Lt. Col. Chris Thrash, an IG for the Coalition Forces Land Component Command.

“We have evolved a system for dealing with sensitive complaints,” Thrash said, explaining that IGs learn how to investigate a situation without besmirching reputations.

“How to balance the need of a thorough, impartial investigation without rendering someone ineffective,” is one skill the IG School teaches, Thrash said.

The two Afghan IGs sat in on the Defense Council on Integrity and Efficiency today, meeting IGs from all military services, auditors general, and IGs from the Defense field agencies. Then they discussed issues with DoD IG Joseph Schmitz for about an hour.

The Afghan IGs visited with directorate heads of the U.S. Army Inspector General’s Office March 9. This afternoon they met Acting U.S. Army IG Maj. Gen. Stanley E. Green. He presented the Afghanis with a set of books on the history of the U.S. Inspector General Corps.

SAHS student chosen for RSI

ARLINGTON, VA - The Department of Defense Education Activity has announced the selection of DoDEA students, including a Seoul American High School junior, and teachers to participate at the Research Science Institute sponsored by the Center for Excellence in Education. The RSI will take place from June 26 to Aug. 6, at the Massachusetts Institute of Technology.

The students selected are all high school students in their junior years. The SAHS selectee is Isabel Chang. She was chosen along with Kallie J. Hedberg, Lakenheath High School in the United Kingdom, and Eric Maldonado, DoDEA High School in the Antilles.

The teachers selected are Steven P. Hundley, a science teacher at Ramey School in Aquadilla, Puerto Rico, Paul L. Stanley, a math teacher at London Central High School, and Tynisa Young, a science teacher from the E.J. King High School in Sasebo, Japan.

RSI, combines classroom training and research mentorships. Considered one of the most prestigious competitive science programs for high school students in the nation, RSI boasts of over 1400 alumni including student scholars from 46 nations. Selection criteria include grades, SAT scores, teacher recommendations, participation in science competitions and community service.

The Center for Excellence in Education nurtures careers of excellence and leadership in science and technology for academically talented high school students and furthers international understanding among future leaders of the world.

Elizabeth Middlemiss, Principal Deputy Director of DoDEA announced the final selections March 9 in a memo congratulating the students and extending appreciation to all who submitted applications and supporting materials, “we are so very proud of our students and our teachers. This is an opportunity to forge scientific research skills that will last a lifetime.”

(Editor’s Note: Information for this article was taken from a DoDEA news release.)

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March 18-24

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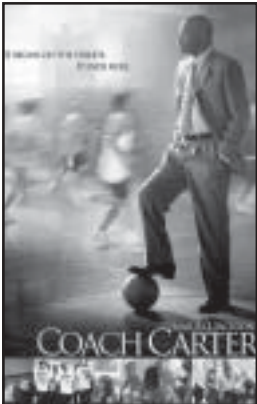
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ESSAYONS 732-9008	White Noise PG-13	Racing Stripes PG	Racing Stripes PG	No Show	Elektra PG-13	Elektra PG-13	Man of the House PG-13
HENRY 768-7724	Coach Carter PG-13	Constantine R	Constantine R	In Good Company PG-13	No Show	No Show	No Show
HUMPHREYS 753-7716	Man of the House PG-13	Man of the House PG-13	Man of the House PG-13	Coach Carter PG-13	Coach Carter PG-13	In Good Company PG-13	In Good Company PG-13
HALEAH 763-3120	Constantine R	Elektra PG-13	Woman Thou Art Loosed R	No Show	No Show	No Show	No Show
HOVEY 730-5412	Coach Carter PG-13	Man of the House PG-13	Assault on Precinct 13 R	Assault on Precinct 13 R	Man of the House PG-13	Lemony Snicket PG	Hide and Seek R
KUNSAN 782-4987	Hitch PG-13	Hitch PG-13	Coach Carter PG-13	No Show	Coach Carter PG-13	In Good Company PG-13	In Good Company PG-13



The Pacifier -- An undercover agent fails to protect an important government scientist and then agrees to look after the man's five out-of-control kids when they are suddenly thrust into danger. Now, he's finding what tough really is when he pits his combat skills against diapering, den-mothering and drivers



Coach Carter Coach Ken Carter found himself in the center of controversy when he locked out his entire varsity basketball team in order to motivate and push them to improve their grades. He was even prepared to cancel his entire season after 15 of his 45 players failed to live up to the classroom standards to which they agreed. Ken Carter went on to garner national headlines and high praise even from some of his own athletes, some of whom later earned academic scholarships.



Hitch -- Most men have difficulty finding love because it's hard to be yourself. That's where Alex "Hitch" Hitchens comes in. Alex is a "date doctor" who claims to be able to find customers their perfect romantic match in three dates or less. Sara, meanwhile, is a gossip reporter for a daily tabloid who decides to write an expose on Hitch's methods. Sara soon finds her professional life and personal life on a collision course as she finds herself falling for Alex while investigating his claim.



Elektra -- When Elektra is released from the hospital after a near-death experience, she becomes an assassin trained by a crew of killers known as The Order of the Hand. Their leader, Kirigi, sends Elektra on a mission to kill Mark Miller and his young daughter, Abby. Soon, however, Elektra befriends her would-be victims and defends them both from Kirigi's ninja assassins. But standing up to the Order sentences her to death.



Constantine -- Based on the DC-Vertigo comic book "Hellblazer," Renegade occultist John Constantine has literally been to hell and back. He teams up with skeptical policewoman Angela Dodson to solve the mysterious suicide of her twin sister. Their investigation takes them through the world of demons and angels that exists just beneath the landscape of contemporary Los Angeles.



Man of the House Hard-edged Texas Ranger Ronald Sharp is assigned to protect the only witnesses to the murder of a key figure in the prosecution of a drug kingpin -- a group of University of Texas cheerleaders. Sharp must now go undercover as an assistant cheerleading coach and move in with the young women -- possibly the most terrifying assignment in his 30-year career in law enforcement.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Hide and Seek R	No Show	Hide and Seek R	Spanglish PG-13	No Show	No Show	No Show
OSAN 784-4930	Elektra PG-13	Elektra PG-13	The Pacifier PG	Coach Carter PG-13	Coach Carter PG-13	In Good Company PG-13	In Good Company PG-13
RED CLOUD 732-6620	Man of the House PG-13	Elektra PG-13	Elektra PG-13	Coach Carter PG-13	In Good Company PG-13	No Show	The Pacifier PG
STANLEY 732-5565	Assault on Precinct 13 R	Assault on Precinct 13 R	Coach Carter PG-13	In Good Company PG-13	No Show	The Pacifier PG	In Good Company PG-13
YONGSAN I 738-7389	The Pacifier PG	The Pacifier PG	The Pacifier PG	In Good Company PG-13	In Good Company PG-13	Assault on Precinct 13 R	Assault on Precinct 13 R
YONGSAN II 738-7389	The Pacifier PG	Elektra PG-13	Elektra PG-13	Meet the Fockers PG-13	Meet the Fockers PG-13	Spanglish PG-13	Spanglish PG-13
YONGSAN III 738-7389	Elektra PG-13	Elektra PG-13	Elektra PG-13	Ocean's Twelve PG-13	Ocean's Twelve PG-13	Ocean's Twelve PG-13	Ocean's Twelve PG-13

Learning to find our right speed in life

By Chaplain (Maj.) Lee Rodgers

Deputy Chaplain, 2nd Infantry Division

Cowboy humorist, Texas Bix Bender, in his book, “Horse Sense,” said, “You miss a lot when you travel at a gallop.” Is it just my observation, or have you noticed most people today seem to be in a hurry?

Are there any more options for us? The prophet Isaiah had quite a vision of the Lord, high and lifted up. He had seen Almighty God in a way that few people ever have. In his inspired writings, Isaiah had things to say both practical and prophetic.

In the book of Isaiah Chapter 40, Verse 31, these verses can speak to our hearts today; “They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” It seems Isaiah had

found the secret of daily living. That secret was to wait expectantly upon the Lord for strength, wisdom and guidance for everyday life.

In Chapter 40 of Isaiah, the Lord said through Isaiah, that those who depend upon the Lord regardless of age will be comforted, led and blessed.

When I was a youth, I was especially in a hurry all of the time. As one matures, it seems we are able to get more done without running over ourselves with excessive speed.

After my first year of seminary, my summer work consisted of employment as a welder’s helper at a cement plant in the blazing Texas heat. At 25, I believed faster was always better. My job taught me one of the best lessons of my life and that was to slow down.

That summer was a slow summer for a guy in a big

hurry to find a “big” church. At the end of the summer, I was still a welder’s helper at the same non-unionized pay rate of dirt cheap. My position didn’t get any more significant and my pay was still low.

But most significantly, I did learn to wait upon the Lord. That summer job changed me for the better. At the time, my estimation of my importance was somewhat inflated. Through that summer work of manual labor, I learned some patience and a bigger picture of the Lord. Waiting upon the Lord became a lifelong philosophy of mine which I learned from a summer as a welder’s helper.

Another cowboy saying is, “A fast horse cannot go fast far.

Would you take some time in your life with me, to wait upon the Lord? Would you join me in expecting the Lord to lead and strengthen and guide and bless our lives?

Area II Worship Services

Protestant

Contemporary	Sunday	10 a.m.	Multipurpose Training Facility
Episcopal	Sunday	10 a.m.	Memorial Chapel
Chruch of Christ	Sunday	2 p.m.	South Post Chapel
United Pentecostal	Sunday	1 p.m.	Memorial Chapel
Church International			
Collective	Sunday	8 a.m.	Memorial Chapel
		9:30 a.m.	121 Hospital Chapel
		9:30 a.m.	Hannam Village Chapel (Korean)
		10 a.m.	South Post Chapel
		11 a.m.	Hannam Village Chapel
		Noon	South Post Chapel (Gospel)
		10:30 a.m.	K-16 Community Chapel

Collective Sunday

6 p.m.

South Post Chapel

1 p.m.

Camp Colbern Chapel

Korean

Tuesday

6 p.m.

Camp Colbern Chapel

Thursday

6:30 p.m.

Memorial Chapel

KCFA

2nd Tuesday

11:45 a.m.

Memorial Chapel

3rd Tuesday

11:45 a.m.

Memorial Chapel

Catholic

Mass

Sunday

8 a.m.

South Post Chapel

11:30 a.m.

Memorial Chapel

Tuesday

12:05 p.m.

121 Hospital Chapel

7 p.m.

South Post Chapel

Mon/Wed/Thur/Fri

12:05 p.m.

Memorial Chapel

Mass

Saturday

5 p.m.

Memorial Chapel

Jewish

Friday

6 p.m.

South Post Chapel

Area II Chaplains

Chaplain (Lt. Col.) Thomas Drake

DrakeT@korea.army.mil or DSN 738-3011

Chaplain (Lt. Col.) Vincent Burns

BurnsV@korea.army.mil or DSN 725-2955

Chaplain (Lt. Col.) David Colwell

David.Colwell@korea.army.mil or DSN 738-4043

Chaplain (Maj.) Stanley Whitten

Whittense@korea.army.mil or DSN 736-3018

Ad goes here

Seoul Grand Park offers day in the animal kingdom

By David McNally

Area I Public Affairs

SEOUL — When looking for something to do in Seoul, many people consider the Seoul Grand Park.

The park offers visitors a glimpse of animal life with performances, interactive sessions and information displays.

The national zoo has more than 3,200 animals from 358 species.

Besides the zoo, the park offers a botanical garden, insect pavilion and a children's zoo. The Museum of Contemporary Art is also located nearby.

There is a 3,000 Korean won entrance fee for adults. Children's tickets cost between 1,000 and 2,000 won. Inside, visitors will find restaurants, snack stands, a first aid station and baby stroller rentals. The park is open daily from 9 a.m. - 5 p.m. In April the park will extend the closing time to 6 p.m.

The seal and dolphin show is a popular venue year round, but the park charges a small additional entrance fee, depending on age.

Through March 25, the Seoul Grand Park is sponsoring an orchid exhibition with more than 5,000 flowers from 600 species.

Next month, the park plans to hold a cherry blossom festival.

The Seoul Grand Park is located in Gwacheon and has its own stop on the blue line, line No. 4 on the Seoul Metropolitan Subway. Go to exit No. 2 and follow the signs to the park's entrance.

For information online, including recommended courses, visit <http://grandpark.seoul.go.kr> and click on the English link.

E-mail david.mcnally@us.army.mil



PHOTOS BY DAVID McNALLY

A tiger paces at Seoul Grand Park. The zoological garden has a large open air viewing pen for several big cats.



A harbor seal stares out from his tank during a cold swim.



A bear take a well-deserved break from watching visitors.



Families wander through one of the indoor venues at the park. This building features monkeys, reptiles and plants.



A lioness is part of a large pride at the Seoul Grand Park.



Suzanne Vega Concert

The USO has discount tickets for an April 4 concert by recording artist Suzanne Vega. The performance will be at Chungmu Art Hall and will begin at 8 p.m. USO is offering tickets at a discount of 10 percent for military ID carholders. Stop by any USO office for information or call 724-7003.

Arts and Crafts Contest

The 8th U.S. Army Arts and Crafts Contest is now seeking submissions. There will be categories for both novice and experienced craftsmen in events such as ceramics, wood, fibers and textiles, glass, metals and jewelry, drawings, prints, water-based painting, oil-based painting, mixed media-2D, and mixed media - 3-D.

All Morale, Welfare and Recreation patrons, including active-duty servicemembers, family members, Reserve Soldiers, retirees, contractors and Department of Defense civilians who are authorized to use Army recreation facilities may enter the contest. Korean Aumentation to the U.S. Army Soldiers may enter local and Korea Region Office-level competitions at the discretion of the local commander. Deadline for submitting entries is April 29. Send entries to Yongsan Arts and Crafts Center on South Post. For information, call 723-8510.

Sunday Bowling Tournament

Visit and enjoy the Sunday Bowling Tournament, 1 p.m. every Sunday at Camp Red Cloud Bowling Center. The tournament will be a combination of Handicap, Scratch, 9-Pin No-Tap and 3-6-9. Also stay late to enjoy X-Treme Bowling from 7 p.m. to 10 p.m.

Pool Tournament

Camp Red Cloud Community Activity Center is hosting a pool tournament at 11 a.m. every Sunday. The winner will receive a coupon for dinner at Mitchell's. For information, call 732-6246.

10-Cent Wings

Ten-cent Chicken Wing Night (with purchase of a drink) is available at Camp Casey Primo's Express and Golf Course Club at 5 p.m. every Friday. For information, call the Camp Casey area club manager at 730-4334.

Customer Feedback Contest

Area I MWR has a unique customer feedback mechanism called Orange Customer Comment Card. Comment Cards are available at any MWR facility in Area I. Right now MWR is conducting a contest involving the Orange Customer Comment Card. Complete a Comment Card with your personal contact information on it. Drop it off at any U.S. mailbox. At the end of each month three names will be announced to receive a coupon for lunch, dinner or services at any Area I MWR Club, Bowling Center or Golf Course. For information about the contest, call 732- 6274.

Submitting to TMWC

To have an event highlighted in The Morning Calm Weekly, send event information to MorningCalmWeekly@korea.army.mil.

Yongsan youth bowlers excel at Far East championships

Thomas M Bruce

Far East Military Zone

March 13, Yongsan Lanes conducted the 2005 Pepsi-Cola Far East Military Zone Youth Bowling Championships. Twenty-six local youth athletes participated in the tournament.

Champions were determined from six divisions: 11 and under handicap boys and girls; 12 and above handicap boys and girls and 12 and above scratch boys and girls. All of the champions will share \$1,400 in college scholarships to be managed by the YABA SMART Program. Athletes in the 12 and above division will have the opportunity to compete for part of up to another \$75,000 in scholarships. The champions were:

Boys 12 and Up Scratch -- Allen Wagner, 1,361, 226 Average, six games;

Girls 12 and Up Scratch -- Jennifer Simmons, 1,100, 183 Avg., six games;

Boys 12 and Up Handicap -- Spencer Clem, 1,454 w/handicap, 242 Avg., six games;

Girls 12 and Up Handicap -- Amanda Greenhouse, 1,334 w/handicap, 222 Avg., six games;

Boys 11 and Under Handicap -- Jeremiah Clem, 713 w/handicap, 237 Avg., six games;

Girls 11 and Under Handicap --

Ashley Rice, 655 w/handicap, 218 Avg., three games.

The scratch champions will compete in the Junior Olympic Gold National Championships July 9-15 in Indianapolis, against more than 1,100 of the best youth bowlers in the world. Seoul American High School Junior Allen Wagner (16) and Freshman Jennifer Simmons (14) are competing in the Junior Gold National Championships and the Pepsi-Cola National Championships for their first year.

Wagner has come on very strong this year. In addition to this win, he has won the Korea Youth Championships and the Korea Youth Masters Tournaments. All of his victories have been JG qualifying events. In his Far East win he scored games of 248, 248, 202, 257 and 256.

Simmons has also excelled in JG qualifying events. In February she tied for second place behind Wagner in the Korea Youth Masters. Her high game score in the Far East Tournament was 212.

Wagner and Simmons will be joined at the JG tournament by SAHS Junior, 2005 Youth Masters representative, Christopher Baker (16) and Central Missouri State University Freshman, 2005 Korea Youth Championships representative, Jiovanna Bruce (19). Baker and Bruce have a long history of

representing Yongsan in national level championships. This will be the first year the Far East has been represented at JG by four athletes.

In the 12 and Over Handicap Division, SAHS Freshman Spencer Clem (14) and Junior Amanda Greenhouse (15) outdistanced several other Yongsan athletes in the six-game tournament.

Competition in the Handicap Division was extremely competitive with 70 percent of the field averaging over 200 through six games. Clem's 242 average was the tournaments highest average. Greenhouse poured on a 189 game in game five that secured her victory. Both Clem and Greenhouse will compete in the Pepsi-Cola National Championships, Indianapolis.

In the 11 and Under category Yongsan bowlers Jeremiah Clem (9) and Ashley Rice (10) were victorious in the 3 game championship. Clem rolled his highest game ever 254 handicap to seal his victory and Rice rolled her highest 264 handicap.

The Far East Military Zone Championship Tournament is an annual event and the culmination of a youth bowling season that lasts seven months. For information on youth bowling visit the YABA Web site at www.bowl.com.

All together now



JOHN LAVENDER

Twenty volunteer Area II performers fill the stage during the Parade of American Music Competition. The volunteer performers, as well as eight volunteer sound, lighting and stage technicians participated in Area II's entry into the PAM competition. The production was billed as *Mirrors of Music* -- a musical revue of the 40s, 50s and 60s. The director and assistant director were also volunteers from the Area II community. The cast ranged in ages 8 to 50-something and represented active duty, DOD and DODDS civilians, family members, and Local National participants. The PAM, inaugurated in 1955 under the sponsorship of the National Federation of Music Clubs and supported by a grant from the American society of Composers, Authors and Publishers, represents a nationwide movement in the promotion of American music. The U.S. Army represents an excellent natural outlet for the promotion of music of the United States and the encouragement of indigenous composers and arrangers.

The purposes of PAM are to give worthy U. S. composers recognition, encouragement and support; to program extensive hearings of their works; and to pay tribute to them through performances of their works.



Members of Detachment 2, 607th Weather Squadron, check over portable field gear in preparation for a deployment with the 6th Cavalry. While deployed they will provide up-to-the-minute weather briefings as needed.



Aircrews for the 377th Medical Company are among the Camp Humphreys units that get on-demand weather briefings from the 607th Weather Squadron.



Members of Detachment 2, 607th Weather Squadron, can call on digital instrument readouts for information such as ceiling, crosswinds and visibility. They can also collect the information manually. By comparing a book of photos of fixed landmarks at measured distances in

Detachment 2 Weather gives Korea 24/7 service

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS—Detachment 2, 607th Weather Squadron, is the only Air Force weather support unit in Korea that operates 24 hours a day, seven days a week. It is assigned to Camp Humphreys.

The 17 detachment members are professionals here to help keep Camp Humphreys flight crews safe and to provide weather information to everyone assigned to the peninsula.

“We provide weather briefings to all flying missions,” said 1st Lt. Howard Moore, officer in charge of detachment current operations. “That includes both scheduled flights and on-demand briefings for short notice flights like those for medical emergencies.

“We brief on what the flight crew can expect ranging from visibility, winds and cross winds, and ceilings to whether they can expect icing and at what altitude.

“We keep track of what’s going on around us using all the resources offered by modern technology and by our own senses,” he continued. “We can look at a live feed from a satellite and track moisture moving into Korea, or check our local, installed sensors and instruments. But then we can step outside and check for fog and visibility by eye.”

Checks are performed at a minimum of once an hour. To provide such comprehensive service, detachment personnel have to stay aware of the

evolving weather picture both locally and throughout east Asia using data produced locally, regionally and via satellite. The information they generate and receive is available on the internet at <https://weather.korea.army.mil/det2>.

Anyone with a computer hooked up to the net can access the Web page. There they will find information ranging from road conditions to a five-day forecast. There is a two-day “snap-shot” of the weather that can be expected at various Korean metropolitan areas that includes a prediction of the kind of weather to expect, winds and expected temperatures in both the fahrenheit and centigrade scales along with sunrise, sunset and moonrise and moonset times.

“We have links on the page,” said Moore, “that go to satellite and radar loops, weather-related internet sites and weather information prepared for each flying unit for planning purposes.”

In addition to offering 24-hour service, Detachment 2 members also deploy to the field with flying units, taking instruments designed for field use to provide up to the minute local weather information.

607th Weather Squadron is an Air Force unit manned by members of the U.S. Air Force with detachments throughout the peninsula. In its last standard evaluation in September, Detachment 2 scored 96 percent, the highest in the Pacific Air Forces.



PHOTOS BY ROGER EDWARDS

Staff Sgt. Jamie Jenner (standing) and Senior Airman Amy Acker check over the digital readouts for the airfield’s weather instruments. They can also pull up real-time satellite pictures and weather radar images.



different weather conditions with their own hourly observations, they can give aircrews an exact value for visibility. In the picture above the large tree and the building might be used for comparison.

NEWS & NOTES

Softball Sign-up

The 2005 Camp Humphreys Men's Post-Level Softball team is now conducting sign-ups for the upcoming softball season. Sign up in person at the Camp Humphreys post gym through April 15. For information, call the post gym at 753-8810.

PTO Events

The Camp Humphreys Parent-Teacher Organization will meet at 6:30 p.m. March 17 in Bldg. 427, across from Humphreys American Elementary School. A PTO Dinner and Movie will be held at 6 p.m., April 1 at the Blackhorse Dining Facility. For information, call Candice Banks at 031-300-6711.

Aerobathon

An aerobathon will be held from 9 a.m. to noon March 19 at the Camp Humphreys gym. The class will include step and cardio aerobics and kickboxing. Personal fitness trainers will be available to answer questions in English and Hangul and to help with equipment. For information, call 753-7657.

American Red Cross Baby-sitting Class

A baby-sitting certification class will be held for youth and adults at the American Red Cross Classroom in building 262 from 5:30 p.m. to 7:30 p.m. March 22-24. The class includes first aid and childcare instruction. Cost of \$25 must be paid in advance. For information, call 753-7172.

Holy Week Services

Holy Thursday Mass will be at 5:30 p.m. March 24, at Freedom Chapel. Good Friday Mass will be at 5:30 p.m. March 25, at Freedom Chapel. For information, call 753-7274.

PMO and Vehicle Registration Hours

New hours for the Area III Provost Marshall Office and Vehicle Registration are 7:30 a.m. to noon and 1 to 3 p.m. Monday through Friday. All clearing for the Provost Marshal's Office and Vehicle Registration will be at Building 544 in room 201 behind the health clinic. For information, call 753-6609.

Minimum Manning

Det. B, 516th Personnel Services Battalion, will be at minimum manning from March 28 to April 1, due to a field training exercise. Available services will be limited. For information, call 753-8086. To process emergency leave requests after duty hours during this period, call Capt. Shadowens at 011-9982-0656.

Area III Tax Center

The Area III Tax Center is open for tax advice and tax return preparation. Soldiers should contact their unit tax advisor. Department of Defense civilians, family members and other valid ID cardholders are also eligible for tax preparation service. For information, call 753-3170.

Area III Eggstravaganza

The end of March brings Easter and with it at Camp Humphreys, the annual Eggstravaganza. Children will have the chance to load up on a share of 12,000 stuffed plastic eggs – and will get a bag and t-shirt to boot. In addition DoD's Month of the Military Child and Korea's Children's Day will be celebrated. It's all happening at Soldier's Park starting at 11 a.m. March 26. Call Youth Services at 753-8507 for information.

Red Cross volunteers active on post

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS – March is American Red Cross Month for 2005 by presidential proclamation, a tradition begun by President Franklin D. Roosevelt in 1943.

Beginning with the Spanish American War, the American Red Cross and America's military services have enjoyed a long association. The Red Cross provides services to military members and their families at home and abroad. These services range from blood collection to financial assistance to emergency communications.

"Our job is to provide 24 hour a day, seven day a week emergency communications for the Soldiers here at Camp Humphreys," said Sue Carter, Humphreys Red Cross Station manager.

She said the organization is also involved with disaster preparedness and offers health and safety courses such as CPR and first aid. Another area is youth classes such as baby-sitting and a class called "Safe on Your Own" for 10- and 11-year-olds.

"We train kids on what to do in an emergency, how to handle a medical emergency and how to be safe in the

water," said Carter.

To carry out many of their functions the Red Cross uses volunteers.

"I have around 45 volunteers working with us now," Carter continued. "They do everything from office administration to teaching classes and working in the medical and dental clinics.

"They give up to 200 hours of service a month," she said. "At an hourly value of more than \$16 an hour (set by ARC National Headquarters), the volunteers

jointly donate more than \$3,200 each month to their fellows on Camp Humphreys.

"Our volunteers are spouses, active duty, civilian employees and dependent teens. We couldn't do what we do without our volunteers. And we need more."

Anyone interested in volunteering with the Red Cross, filling in some blanks on the resume or learning new skills, should call the Red Cross at 753-7173.

"We'll find something for you," Carter said.



PHOTOS BY ROGER EDWARDS

Physician Assistant Tracy Robins (left) volunteers at the Medical Clinic for the Red Cross. She serves as an additional health care provider increasing the service provided for clinic patrons. Amanda Coffman (center) and her 13-year-old daughter Chloe (right) volunteer at the office, teach classes and do what needs to be done for the organization. Here they clean mannequins in preparation for a class in Cardiopulmonary Resuscitation.

KATUSA Soldiers add national flag to uniform

By Pfc. Lee Ki-sub

Area III Public Affairs

CAMP HUMPHREYS – Korean Augmentation to United States Army Soldiers at Camp Humphreys gathered in the multi-purpose training facility March 9 for a ceremony making the Korean national flag an official part of the battle dress uniform.

The ceremony, conducted by Maj. Hwang In-Ju, Senior Area III Republic of Korea Army officer, consisted of attaching the national flag to the uniforms of several KATUSA Soldiers. This ceremony officially indicates that from now on all Area III KATUSAs will have the flag on their uniforms.

KATUSA Soldiers around the peninsula were directed to have a Korean national flag sewed on their uniforms effective Feb. 22. Reasons for using the national flag are to differentiate U.S. Soldiers and KATUSA Soldiers and to give KATUSA Soldiers pride in service to their nation.

"Uniforms with a national flag," said Hwang, "are worn only by the representatives of that country, such as athlete teams. KATUSA Soldiers work with the U.S. Army representing the Republic of Korea. It's obvious to have a national flag on their uniforms."



ROGER EDWARDS

Korea's national flag is added to a KATUSA uniform.

Flexibility – part of your physical fitness program

By Lonnie L. Herring

Area III MWR Sports

CAMP LONG – March is health and fitness month. Get out and get moving.

An exercise program must incorporate flexibility to achieve and maintain an adequate fitness level and avoid injury.

Flexibility is a key component of physical fitness but is often overlooked or not included until the end of the session.

A flexible body is easier to maintain and less prone to injury. Remember to warm up for a workout by doing five to 10 minutes of cardiovascular training (i.e. treadmill, bicycle, cross trainer or maybe a brisk walk). After warm up, include a stretching session using a

number of different positions to stretch the entire body. Hold each position for a few seconds.

During the workout, continue to stretch between exercise sets throughout the session. Remember the proper breathing technique; exhale on the exertion. Allow for proper rest between sets. Perform a minimum of one set and a maximum of three sets per exercise.

At the end of the routine, stretch the entire body once again while cooling

down. Be sure to focus on the body part you trained if time does not permit a complete body stretch.

While breathing normally, hold each stretch until you feel the body part is stretched sufficiently.

Another tip: remember to always hydrate before, during and after any physical activity.

Flexibility is something lost with age. By staying focused and continuing to stretch, flexibility can be maintained at a reasonable level.

Flex your way into a new you, start today. But be sure to see your local health professionals for clearance before you start.



Family Readiness Groups sponsor information rally

By Roger Edwards
Area III Public Affairs

CAMP HUMPHREYS – A Family Readiness Group is an organization of officers, enlisted Soldiers, civilians and family members who volunteer to provide mutual social and emotional support, outreach service and information to their fellow Soldiers and family members.

Camp Humphreys FRGs lived up to that definition March 5, sponsoring a rally at the installation Youth Center.

Volunteers hosted booths with information ranging from instruction on how to safely fit an infant with protection in the event of a chemical or biological attack, to pay and benefits, medical and dental care, and legal services. There were also booths with games and even a puppet show to keep children occupied.

The event was organized by Brenda Kittrell, Linda Smith and Tami Taliento. In addition to manning booths, volunteers baked and served goodies to all comers.



Volunteer of the Quarter Scott Seigel serves a brownie to Tami Taliento during the March 5 Family Readiness Group Rally at the Camp Humphreys Youth Center.



A rally volunteer demonstrates the proper technique of fitting a child's protective mask. Tapped for the demonstration is Cynthia Pena-Baker, a five-year old kindergarten student.

PHOTOS BY SUSAN BARKLEY

Did you change the date on Pg. 24?

Ad goes here

Area IV schools receive recommendation for new five-year accreditation

By Galen Putnam

Area IV Public Affairs

CAMP HENRY – Officials from the three Department of Defense Dependent School System schools in Area IV are breathing a sigh of relief, and are preparing to celebrate, following recommendations by North Central Association Commission on Accreditation and School Improvement review teams that accreditation be extended at each school for another five-year term.

Area IV DoDDS schools up for reaccreditation include Taegu American School, Pusan American School and C. Turner Joy Elementary School at Fleet Activities, Chinhae.

Recommendation for reaccreditation is the most important hurdle in the five-year accreditation cycle according to Suzanne O'Shea, DoDDS Korea District school improvement liaison for NCA accreditation. Official approval, a formality, is expected to be granted during the NCA CASI's annual meeting April 17-20 in Chicago.

"We are very pleased that our schools (in Area IV) did so well during the peer review visits and are happy to know they are certain to be accredited for another five years," O'Shea said. "We are providing an excellent education for our students and it is apparent that came through when the review teams were here."

Area IV review teams were composed of an administrator from outside Korea, two stateside augmentees assigned by the NCA and Pacific-wide DoDDs augmentees including elementary and high school teachers, principals, and assistant principals.

"(The) North Central Association is the largest accreditation agency in the States. Its job, essentially, is to make sure schools

are always moving forward in their attempts to improve student learning," said Jennifer Smith, high school language arts and social studies teacher who is also the TAS NCA improvement coordinator.

Schools continually go through five-year accreditation cycles. The first year is spent gathering information and analyzing data in order to find areas within the school that can be targeted for improvement. In partnership with parents and the community, schools then choose two goals based on the data. The goals are defined and "interventions" are assigned to ensure that the goals are reached.

Next, schools choose "assessments," usually standardized tests and at least one locally designed assessment, to gauge the effectiveness of those interventions.

"The NCA team came to Busan, Chinhae and Daegu to determine if the schools are working toward the implementation of the interventions, thereby working towards the goals," Smith said. "Next year we will analyze the data and decide if the interventions truly improved student learning within the defined goals. We will write a report that will be sent to the States. The year after that, we will start the whole process again and come up with two or three more goals."

Other officials were pleased the hard work has paid off.

"You know how your school is doing from the day-to-day workings but to have an official accreditation agency come through and put you through the paces really lets you know where you stand," said Keith Henson, Pusan American School principal. "It is nice to have the validation that you are doing a good job. We are very pleased with the progress we have made."

Commissary Tour



CPL. OH DONG-KEUN

Sgt. Kareen Richardson, a single Soldier, and Sgt. 1st Class Micaela Hickman, both of Headquarters and Headquarters Company, Area IV Support Activity, check out some items at the Camp Walker commissary. The company's Soldiers toured the commissary March 10, guided by the store Director Alan Esperas. Esperas said that Soldiers should look to shop at commissaries rather than other on- or off-post vendors because they sell groceries at cost, saving customers more than 30 percent. The Defense Commissary Agency is celebrating its fourth annual Commissary Awareness Month in May with each commissary holding events such as case lot sales and single servicemember tours.

Community bonds at Camp Hialeah Family Readiness Group Rally

By Cpl. Oh Dong-keun

Area IV Public Affairs

CAMP HENRY – Camp Hialeah, a small community with a lot of spirit, conducted a successful Family Readiness Group Rally March 5 at the Hialeah Bowling Lanes as a part of the peninsula-wide Korea Family Readiness Group Rally Day to develop mutual support and a network of communication among the Soldiers, family members and community resources.

"The purpose of this event was to stress the importance of Family Readiness Groups," said Tangy Bates, deployment and mobilization program coordinator at Camp Hialeah Army Community Service who orchestrated the event. "They are a necessary part of our Army communities both in times of peace as well as war."

Bates said the intent of the rally was to help community members understand and be aware of

what Family Readiness Groups can do for them.

"We had many handouts and other information concerning all aspects of FRGs available," Bates said. "Our goal was to provide information concerning what FRGs do to help build strong families and provide a good support system when Soldiers are deployed or absent from home for an extended period, such as TDY or school."

Besides the handouts with important information, more than 70 participants enjoyed the camaraderie and activities such as bowling, face painting, children's games and simulated sumo wrestling.

"It was a very pleasurable event," said Walter Brockmann, director, Camp Hialeah Army Community Service. "(The event) brought a lot of focus on community support for the FRG program. It was also awesome to watch the children have a good time. We were very lucky that the event

finished just before the big snow storm hit the area."

The Busan area received more than 10 inches of snow March 5, the most in the area since 1904.

Bates was delighted about the turnout and support from the entire community.

"Considering the population (on Camp Hialeah), we had a great turnout, more than I expected. It's great because we wanted to reach as many people as possible through the rally about FRG," Bates said.

"I believe it was the tremendous support we had from the community that made it happen, thanks to the great leadership from the installation commander (Lt. Col. Jeffery K. Ludwig). It was awesome."

For information on Family Readiness Groups in the Camp Hialeah community, contact Bates at 763-7406 or 763-3571, or stop by the Camp Hialeah Army Community Service, located in Bldg. 224.

NEWS & NOTES

Outstanding Volunteer Nominations

The Area IV Outstanding Volunteer nominations are due by April 1 to the Army volunteer coordinator at the Army Community Service on Camp Henry. For information, call Cindy Bisacre at 768-8126.

Offsite Consular and Immigration Services in Busan

U.S. Embassy officers will be in Busan at the Paradise Hotel in Haeundae Thursday - March 25 to provide consular services. American citizens who wish to file applications or get information about passports, consular reports of birth abroad, federal benefits, voting information and notarials may come in during this time. For information, check out the U.S. Embassy Web site at www.asktheconsul.org.

Easter Sunrise Service

The Camp Walker Chapel Easter sunrise service will take place 7 a.m. March 27 by the gazebo outside Evergreen Community Club on Camp Walker. For information, call Chaplain (Maj.) Michael Charles at 768-7556 or the Camp Walker Chapel at 764-4498.

Summer Hire Program

Vacancy announcement for 2005 Area IV summer hire program opens March 28 and closes April 14. Applications are available at the Area IV Civilian Personnel Advisory Center on Camp Henry. For information, call Karyn Smith at 768-7128.

AER Campaign

The Area IV Army Emergency Relief Campaign 2005 will take place March 28 - April 29. Training and kick off in the Daegu area will be 11:30 a.m. March 28 at the Army Community Service on Camp Henry. For information, call Anthony Treloar at 768-7089. For Camp Carroll the kick off will be 11:30 a.m. March 29 at the Community Activity Center. For information, call Chief Warrant Officer Paul Sankey at 765-8128.

Bass Fishing Tournament

The Area IV community bass fishing tournament will be April 16 in the Nam-ji area, about an hour south of Daegu towards Masan. It is open to the first 40 people to sign up at the Camp Walker Community Activity Center. There is a \$20 registration fee and fishing equipment rental is available for a small fee. For information, call Camp Walker Community Activity Center at 764-4123.

Camp Henry Theater Movie Showings

The Camp Henry Theater will be open Thursday nights and for Sunday matinees beginning March 31 for a test period through May 29. For information, call Yi Hye-kyong at 768-8670.

Golf Scramble

The "Payday" golf scramble will be held 1 p.m. April 1 at the Evergreen Golf Course. Form a four-person team and enter to play. It is open to all authorized users of Evergreen Golf Course. There is a \$25 entry fee. For information, call Ray Cragun at 764-4601.

Substitute Teachers Needed

Taegu American School is looking for substitute teachers. Individuals interested in the position may stop by the school or call Chris Cho at 768-9503. Prospective substitutes must have SOFA Status.

'Friar' Friar' serves God, gourmet meals

Chaplain creates Heavenly delights

By Galen Putnam

Area IV Public Affairs

CAMPWALKER - Franciscans are known for their baking and brewing prowess and one Camp Walker chaplain is living up to that storied tradition as a "Friar' Friar."

Chaplain (Maj.) Rich Bendorf, Area IV Support Activity command chaplain, a dedicated chef and baker, is working on a book describing his culinary exploits, "The Culinary Adventures of the Friar' Friar." The book will contain recipes Bendorf has created and collected, vignettes documenting his gourmet experiences and other "nuggets," he said.

Bendorf's interest in cooking dates back to his early childhood in southern Illinois where, because of his parents' heavy work schedules, he spent a great deal of time with his grandparents, who lived nearby.

"I used to follow my grandmother around the kitchen when I was about three or four. She had an iron coal-fired stove with grates on the top and I remember her baking bread and making all kinds of great meals with it," Bendorf said. "She had 12 children so she had plenty of experience cooking."

As Bendorf grew from toddler to teen he learned the ropes from his grandmother and then began to branch out. At age 10 he joined the local 4-H Club and started cooking and baking on his own.

"I learned more about cooking in the 4-H group and I began baking and I won a couple of medals and found that I really liked that," he said.

Throughout his teens and 20s, Bendorf continued to dabble in cooking. The future Friar' Friar



GALEN PUTNAM

Chaplain (Maj.) Rich Bendorf, Area IV Support Activity command chaplain, otherwise known as the "Friar Friar," gives some culinary pointers to (from left) Kim Man-cho, Camp Walker Chapel Complex sextant and Pfc. David White, Soldiers Memorial Chapel funds clerk at the newly dedicated Chapel Activity Center kitchen on Camp Walker. Bendorf is working on a cookbook featuring his recipes. White is serving as Bendorf's chef intern.

became more serious about his culinary pursuits at, where else, the seminary. Just like a private in the Army, Bendorf, serving as a novice at the Sacred Heart Franciscan Seminary in Oakbrook, Ill., got hit with his share of kitchen duty. The only difference was, Bendorf loved it.

"I spent a year up there as a novice preparing for the order and I spent most

of my time working in the kitchen," he said. "I had a chance to use their equipment which was all commercial grade and I started to develop recipes. I look at myself as somewhere between being a food technologist and a chef because I like to create recipes and I like to experiment."

See **Friar**, Page 28

Friar' Friar Favorites

Yogurt-Berry Crème Anglaise

This dessert is a twist on Crème Anglaise with a dollop of yogurt to give it a sweet-sour taste. It is served best over blackberries, raspberries, mixed berries, or fresh fruit of your choice. It is one of the signature desserts served by the Friar' Friar.

Whisk together in a medium bowl until slightly thickened:

3 large eggs

1/2 Cup sugar

Mix together in a heavy saucepan:

1 Cup heavy cream

1 Cup whole or 2% milk

Cook over medium heat until bubble form around the edge of the pan. Slowly mix the milk/cream mixture into the egg/sugar mixture and return to the saucepan. Heat over low heat until the mixture begins to thicken, sweep the pan often with a spoon to keep from burning for sticking. The sauce is finished when a digital thermometer reads about 170 F. Strain the sauce through a sieve and let cool, stirring periodically to prevent

a skin from forming on top.

Add: 2 teaspoons of vanilla and stir until mixed.

Place fruit into dish/plate, then add a dollop or two of plain yogurt, and complete by covering with a layer of Crème Anglaise.

"I also like to add drizzle of boysenberry flavored syrup or other flavored syrup on top," Bendorf said.

Garlic-Herb Encrusted Crostini

A. Mix following ingredients in a small bowl and set aside:

1 Tablespoon Minced Garlic

1 teaspoon Sea Salt

1 teaspoon Pepper

4 Tablespoons EVO (Extra Virgin Olive Oil)

1 teaspoon Italian Herb Mix

3 Tablespoons Parmigiano-Regiano Cheese (or Parmigiano)

B. Cut French Bread or Baguette into 1/2 inch slices

C. Place bread slices on toaster oven rack and spread mixture on to slices.

Make sure to stir the mixture frequently.

D. Toast until golden, about 4-5 minutes

E. Serve with Mediterranean Rose' or your favorite wine.

F. Enjoy!

Try using Sour Dough bread with the recipe ... it adds a tangy distinctive flavor. Also try different types of hard cheese to enhance the flavor.

Spinach-Feta Cheese Salad (A Friar' Friar Original)

This is the house salad of The Friar Friar. It is simple, fast and refreshing and has received rave reviews in my kitchen. (Serves 4)

A. Tear or chop 9 oz. of leaf lettuce. You can use either baby spinach or tender small leaf spinach.

B. Divide spinach into four bowls and tear or chop

C. Sprinkle 1T of EVO on each salad.

D. Add about 1T of Balsamic vinegar and toss.

E. Salt and Pepper to taste.

F. Top with about 1 oz. of Feta Cheese.

G. Enjoy.

This is always a favorite of guests. It is easy to prepare and is very low in carbohydrates and high on fiber. Also, feel free to be creative with this recipe in your own kitchen.

Soldier sees need, sets out to assist tsunami survivors

By Cpl. Oh Dong-keun

Area IV Public Affairs

CAMP HENRY – Since the disastrous tsunami struck the shores of several south and Southeast Asian countries more than two months ago, waves of humanitarian relief in a variety of forms have arrived from all over the world to help the people affected.

An Area IV Soldier recently joined the massive humanitarian effort by putting together a clothing drive in Area IV.

Pvt. Jessica South, 154th Medical Detachment (Preventive Medicine) on Camp Walker, is currently accepting donations that are scheduled to be sent out in early April.

South's goodwill gesture began when she heard the news of tragedy. According to South, she desperately wanted to do something for the victims, but didn't know what to do at first. After some thought, she decided to conduct a clothing collection drive.

"I just thought that this clothing drive would be an awesome way to help the tsunami victims since I am not able to travel there," South said. "My only intention is to help those less fortunate, because I pray I would receive the same help if I were ever in that situation."

In order to initiate her project, South took the idea to her unit's Family Advocacy Program coordinator for

assistance and searched the Internet for organizations that could sponsor her cause.

"After waiting for more than 30 stateside organizations I contacted (to respond), I finally found a suitable one for the project called *Plan USA*," South said. "The only problem was, though, that in order to get the clothes to the victims, I would have to send them to *Plan USA* in Rhode Island. I wanted a simpler mode of shipment."

As South was searching for an alternate method to ship the clothes, her church provided the answer.

"My church began to announce a mission trip to Thailand called 'Operation Love Thy Neighbor,'" said the 20-year-old who attends the Camp Walker Protestant service. "I spoke with Tina Juliano, who is the coordinator of the trip and she informed me that the clothes could be sent with the two crews leaving for Thailand on April 4 and 9."

"The area that we will be going to is one of the worst hit, a minority area that has received the least amount of attention. It's where the needs are the greatest," Juliano said. "Jessica's collection of clothes will go to an elementary school, and I am sure it will bring smiles to everybody's faces."

According to Juliano, more than 40 people have signed up so far to spend



1st Lt. Thuya Aung

Pvt. Jessica South, 154th Medical Detachment (Preventive Medicine), displays a piece of clothing donated to her clothing drive for tsunami survivors in Southeast Asia.

more than a week, mostly building houses, in the devastated area.

"We have raised more than \$11,500 from different fund-raising events," Juliano said. "That money will go towards building houses for the people whose homes were wiped away."

Unfortunately, according to South, she and her husband will not be able to go on the trip due to prior engagements.

When South brought the project to her unit's attention, the Soldiers were more than happy to support the cause,

especially after facing possible deployment of one of their colleagues to the stricken area.

"We almost had a Soldier from the unit deployed to Southeast Asia to help with the cleanup, so we understand how much support and help they need down there," said 1st. Lt. Thuya Aung, executive officer. "So when (South) brought up her idea to the unit, we liked it and supported fully."

"I personally would like to compliment Pvt. South on her courage and effort she put in to make it happen," said Cpl. Jo Sung-in, 154th Medical Detachment (Preventive Medicine). "I was happy to be a part of this good cause and am proud of myself that I've done something to help."

Eventually, South hopes to make the clothing drive a peninsula-wide effort.

"My hope is to spread this throughout the country," South said. "All I would need is a collection point on each installation and the clothes can be sent through mail."

South said all clothing items ranging from infant to adult, including shoes are welcome.

To donate clothes or to help South by establishing a collection point on an installation, call her at 764-3964 or visit Bldg. 328 on Camp Walker, located across from the Soldier Memorial Chapel.

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Flame On!



TIMOTHY L. HALE

Sgt. Karen Glanzer works with a flaming skillet during the Senior Army Chef of the Year Competition. More than 200 military chefs traded in their body armor for white coats and went spatula to spatula for the 30th Annual U.S. Army Culinary Arts Competition that began March 7 at Fort Lee and runs through March 18.

Friar from Page 26

As he gained experience over the years, Bendorf has branched out into more exotic cooking disciplines. His specialties range from comfort food to haute cuisine. His collection of recipes will be available when “The Culinary Adventures of the Friar Friar” is released. In the meantime, the Friar’ Friar Web site offers recipes, menus, stories and photos to aspiring chefs.

In true Franciscan fashion, Bendorf has mentored a number of “apprentice chefs” over the years. Currently filling the role is Chaplain’s Assistant Spc. David White, who serves as chapel funds clerk.

“It is very relaxing. I never really enjoyed being in the kitchen before but being a junior enlisted Soldier in the barracks I jumped at the chance,” White said. “It has really expanded my horizons. It imparts a sense of service to fellow man and God. It can be a lesson in humility serving people.”

While not everyone can expect to attend a Friar’ Friar dinner party, anyone who desires can host one of their own, using his wide-ranging collection of recipes. For some samples of Bendorf’s recipes, visit www.friarfriar.com.



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독도에 관하여

일병 서기철

최근에 다카노 주한일본대사가 서 울 한북판에서 '다케시마(독도)는 역사적으로나 국제적으로 일본의 영역이다.' 라는 망언을 함으로써 잠 잠했던 독도문제가 다시 도마위로 올랐다. 독도를 자기들의 영역으로 지정하고 있는 시네마현은 심지어 다케시마의 날을 지정하여 독도가 자신들의 영토임을 확고히 한다는 입장이다. 일본은 또한 최근 경비행 기와 초계기를 동원하여 대한민국의 영토이며 영공인 독도근방을 침범하여 국민들의 분노를 자아내고 있다.

하지만 이번호에서는 정치적인 노 선을 떠나 독도의 자연 그리고 역사에 대한 이해를 돕고자 한다.

**독도의 역사

독도의 총면적은 약 18.6km²(약 5 만평). 조선시대 '성종실록'에 보면 다음과 같이 김자주(金自周)라는 사 람이 독도(당시에는 삼봉도라 불렀 음)의 모습을 묘사한 내용이 나온 다. "섬 서쪽 7, 8리 남짓한 거리에 정박하고 바라보니 북쪽에 세바위가 나란히 서있고, 그 다음은 작은 섬 들이 있고, 다음은 가운데 섬이고, 가운데 섬 서쪽에도 작은 섬이 있는 데, 모두 바닷물이 통합니다. 바다 섬 사이 곳곳에는 인형 같은 것이 30 여개나 별도로 있어 의심이 나고 두 려워서 곧바로 닿을수가 없어 도형 을 그려가지고 돌아왔습니다."

위의 글에서 가운데 섬이 서도이 며 바다섬은 동도인 것으로 추측된 다. 바닷물이 통한다는 것은 동도와 서도 사이의 폭 1백10 ~ 1백60m의 좁 은 수로를 의미하는 것으로 보인다. 서른개의 인형은, 20여년 전까지만 해도 서식했으나 지금은 일본측의 남 획으로 거의 보이지 않는 바다사자인 것으로 울릉군청측은 풀이하고 있다.

독도의 내력은 일찍부터 울릉도 와 관련지어 살펴보아야 한다. 본토 유민들에 의해서 세워진 것으로 추 정되는 울릉도의 우산국이 신라에 귀속된 것은 6세기 초 (512) 후였다. 이 사실은 삼국사기 신라본기 지증 왕 13(512)년에 "6월에 우산국이 신 라에 속했다"는 기록에서 찾을 수 있 다.

이후 울릉도라는 명칭이 정착됨에 따라 그 부속 도서인 독도로 우산이 라는 명칭이 이동하게 되었다. 조선 1432년 (세종 14)에 편찬된 지리지 강원도 울진현조에서도 "우산, 무릉 두 섬이 (울진)현 정동(正東) 바다 한가운데 있다"하여 동해 상에 무릉 과 우산의 두 섬이 있다는 것을 더욱 분명히 하였다. 1531년 (중종 26)에 편 찬된 <신증동국여지승람> 강원도 울 진현조에 "우산도, 울릉도가 현의 정 동 바다 한가운데 있다"하여 <세종실 록> 지리지의 기록을 잇고 있다.

1694년 삼척청사 장한상이 울릉 도의 300여리 근처에 울릉도의 3분 의 1 크기의 섬을 발견한 기록을 담 은 <장한상 울릉도사적기>를 펴냈 다. 이것은 한국 문헌에 나오는 울릉과 우산(독도)의 지명은 모두 울릉도를 가리키는 말이라는 일본의 주장에 대해 울릉도와 그 부근에 있

던 독도를 우리가 17세기에 이미 알 고 있었다는 사실을 생생히 입증하 는 것이다. 18세기에 나온 정상익의 <동 국지도>에 이르러서는 울릉도와 우산 도의 위치와 크기가 정확하게 표시되 었으며, 조선 후기의 지도첩에는 으 레 울릉도 옆에 우산도 또는 자산도 를 표기하고 있다. 일본 스스로도 독 도를 한국 땅이라고 인정한 자료가 줄 을 잇는다.

독도는 512년 울릉도와 함께 신라 에 귀복되었으며, 고려에서는 행정 구역에 편입시키고 백성을 옮겨살게 하는 등 울릉도와 독도 경영에 적극 적인 관심을 나타내었다. 조선시대에는 독도를 '우산도', '삼봉도', '가 산도', '가지도'등으로 불렀다. 조선 은 한때 백성들을 보호하기 위하여 행 정력이 미치지 않는 모든 섬에 공도 정책을 폈다.

이러한 과정에서 울릉도와 독도 근 해에 일본 어민들의 출어가 잦아지 자, 안용복은 일본으로 건너가 울릉 도와 독도가 우리 땅임을 확인 받고 일본 어부의 어로 활동을 금지토록 하 였다. 1667년 일본인이 편찬한 <은주 시현합기>, 1869년 일본 외무성 고관 들이 편찬한 <조선국교제시말내탐 서>, 1876년 일본 내무성에서 만든 <태정관> 결정서, 1905년 동경박물 관에서 펴낸 <일본전쟁실기>, 1936 년 일본육군참모본부에서 나온 <지도 구역일람도> 등의 자료 등에서 독도 가 한국의 영토임을 밝혔다.

강원도 울진현에 속해 있던 독도를 1900년 고종황제의 칙령 41조에 의해 독도를 울릉군의 한 부속도서로서 공 식적으로 강원도에 편입했다는 사실 이다. 이는 일본이 독도를 1905년 시 마네현에 편입시켰다고 주장하는 것 보다 5년 앞선 것으로 일본의 독도 영 유권 주장 사실을 뒤엎을 수 있는 귀 중한 발견으로 평가된다. '독도'라는 이름은 1906년 울릉군수 심흥택에 의 해서 처음 사용되었으며, 1914년 행 정 구역 개편으로 경상 북도에 편입 되었고, 2000년 4월 7일을 기점으로 행정구역상 주소를 경상북도 울릉군 독도리 산1~산37로 정하였다.

**독도의 자연.

1973년 경비대에서 토끼를 방목하 였으나 현재 짐승은 살지 않는다. 곤충은 잠자리, 집게벌레, 메뚜기, 매미, 딱정벌레, 파리, 나비등 7목 26 과의 37종이 서식하고 있다.

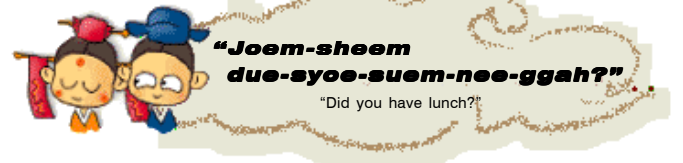
독도는 남북으로 왕래하는 철새들 이 쉬어 가는 주요 휴식처이기도 하 다. 독도에는 바다제비, 습새, 갯가 갈매기, 황조롱이, 물수리, 노랑지빠귀 등 22종이 서식하며 황로, 흑비둘기, 흰갈매기, 까마귀, 노랑발도요, 딱새 등 철새들의 쉼터가 되고 있다. 특히 바다제비, 습새, 갯가 갈매기 등의 번식지 독도는 천연 기념 물 제336호로 지정되어 있다. 최근 습새의 수는 감소하고 있는 반면 바 다제비 수는 증가하고 있는 것으로 알려져 있다. 갯가갈매기는 동도의 남서 암벽에 2,000~3,000여 마리가 서식하고 있다.

This article is about "Korean Territory, Dokdo".

Learn Korean Easily



Language Instructor
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ			ㅣ
ah	yah	oe	yoh	oh	yo	oo	you	ue			ee
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ			ㅣ
eh	yeh	yeh		weh	wah	wuh	wee	ui			

Word of the week

점심

ㅈ ; j, ㅊ ; oe, ㅁ ; m / ㅅ ; sh, ㅌ ; ee, ㅁ ; m

'joem-sheem'

lunch

The phrase of the week

"I didn't have it yet."

아직 안 먹었습니다.

Ah-jeek ahn moe-goe-suem-nee-dah.

yet

I didn't have it

Conversation of the week

점심하러 갑시다.

Let's go for lunch.

Joem-sheem-hah-roee
gahp-see-dah.

그렇습니다.

All right.

Gue-roep-see-dah.

어떤 음식 좋아하세요?

What kind of food do you like?

Oe-ddoen uem-sheek
jo-ah-hah-seh-yo?

한국 음식 좋아합니다.

I like Korean food.

Hahn-gook uem-sheek
jo-ah-hahm-nee-dah.

(비빔밥) 드시겠어요?

Would you like
(Beebeembahp)?

(Bee-beem-bahp)
due-shee-geh-soe-yo?

좋습니다.

Great.

Jo-suem-nee-dah.

(불고기)(bool-goh-gee) (broiled beef with sea-soning vegetables)

(칼국수)(kahl-gook-soo) (hot soup with handmade cut noodles and vegetables)

Share this column with a Korean co-worker.